ZŁOTY MARATON - 45 KM

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2020-07-16
Miejsce: Lądek-Zdrój
Dystans: 45 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
1	**KOZIOŁ Damian**	**5489**	MARCINSWIERCTEAM	Senior II M - 30	1	01:01:31	02:07:41	03:02:18	**03:55:58.30**		5:14	11.4 (100%)
2	**ŻUCHOWSKI Daniel**	**5523**	MUAY RUNNING TEAM	Senior II M - 30	2	01:01:23	02:07:30	03:03:55	**03:56:01.05**	+00:00:02 (0.0%)	5:14	11.4 (100%)
3	**SZUMLIŃSKI Piotr**	**5503**	ATTIQ TEAM	Senior II M - 30	3	01:01:14	02:08:37	03:04:46	**03:56:03.80**	+00:00:05 (0.0%)	5:14	11.4 (100%)
4	**CHLUPÁČ Dominik**	**5466**	SPORTOBCHOD.CZ	Senior I M - 20	1	01:00:40	02:07:59	03:04:15	**04:01:11.80**	+00:05:13 (2.2%)	5:21	11.2 (98.2%)
5	**SOBCZAK Daniel**	**5190**	KB SOBÓTKA	Senior II M - 30	4	01:01:51	02:14:12	03:12:11	**04:08:12.30**	+00:12:14 (4.9%)	5:30	10.9 (95.6%)
6	**BIAŁOWĄS Tomasz**	**5480**	STAJNIA BALONA	Senior II M - 30	5	01:01:57	02:10:23	03:09:33	**04:08:50.20**	+00:12:51 (5.2%)	5:31	10.9 (95.6%)
7	**CHYB Radosław**	**5435**	RUN-PASSION.PL TEAM	Masters M - 40	1	01:02:06	02:12:10	03:15:04	**04:14:09.05**	+00:18:10 (7.2%)	5:38	10.6 (93.0%)
8	**ŚWIDA Adam**	**5181**	MFINANSE	Senior II M - 30	6	01:04:56	02:15:11	03:19:34	**04:17:41.25**	+00:21:42 (8.4%)	5:43	10.5 (92.1%)
9	**FIRLET Daniel**	**5469**	HOSNET SKW IZERY BOGATYNIA	Masters M - 40	2	01:04:14	02:17:35	03:20:23	**04:18:54.95**	+00:22:56 (8.9%)	5:45	10.4 (91.2%)
10	**JUREK Michał**	**5007**		Senior II M - 30	7	01:05:11	02:17:31	03:20:52	**04:19:29.20**	+00:23:30 (9.1%)	5:45	10.4 (91.2%)
11	**TERZONI Christian**	**5164**	PANDA TEAM	Senior II M - 30	8	01:03:03	02:15:11	03:17:49	**04:21:11.70**	+00:25:13 (9.7%)	5:48	10.3 (90.4%)
12	**DEMBSKI Paweł**	**5188**	PRZEDWOJEWSKI MOUNTAIN TEAM	Senior II M - 30	9	01:05:43	02:18:49	03:21:25	**04:21:24.30**	+00:25:26 (9.7%)	5:48	10.3 (90.4%)
13	**MÜLLER Christoph**	**5375**	ZEULENRODA PRESSTECHNIK	Senior II M - 30	10	01:01:14	02:16:19	03:19:17	**04:22:06.95**	+00:26:08 (10.0%)	5:49	10.3 (90.4%)
14	**BRYSZ Michał**	**5212**	SBG PODBIEG	Senior II M - 30	11	01:05:08	02:18:47	03:20:48	**04:22:30.20**	+00:26:31 (10.1%)	5:50	10.3 (90.4%)
15	**FLISIŃSKI Łukasz**	**5383**		Senior II M - 30	12	00:59:48	02:27:51	03:24:21	**04:23:52.10**	+00:27:53 (10.6%)	5:51	10.2 (89.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
16	**JAGIELSKI Łukasz**	**5404**	LESZNO LIMITS RUNNERS	Senior II M - 30	13	01:03:17	02:17:17	03:26:26	**04:31:25.15**	+00:35:26 (13.1%)	6:01	9.9 (86.8%)
17	**GOMOŁYSEK Kinga**	**5433**	KARKONOSZ RUNNING TEAM	Senior II K - 30	1	01:09:16	02:28:10	03:31:58	**04:33:02.15**	+00:37:03 (13.6%)	6:04	9.9 (86.8%)
18	**GRONDYS Paweł**	**5429**		Masters M - 40	3	01:06:56	02:21:40	03:27:18	**04:33:10.35**	+00:37:12 (13.6%)	6:04	9.9 (86.8%)
19	**GRUCEL Sławomir**	**5513**		Senior II M - 30	14	01:10:24	02:27:13	03:32:09	**04:34:49.10**	+00:38:50 (14.1%)	6:06	9.8 (86.0%)
20	**BRZĄKALSKI Krzysiek**	**5034**	EAZYMUT.PL	Senior I M - 20	2	01:05:54	02:22:07	03:30:28	**04:34:52.35**	+00:38:54 (14.2%)	6:06	9.8 (86.0%)
21	**BANIAK Marcin**	**5366**	G.O.A.T. TEAM MICHAŁOWICE/MŁYN TRAIL MICHAŁOWICE	Masters M - 40	4	01:05:37	02:23:08	03:31:53	**04:40:07.30**	+00:44:09 (15.8%)	6:13	9.6 (84.2%)
22	**HYŻY Piotr**	**5006**	BONNIE & CLYDE	Masters M - 40	5	01:13:15	02:35:03	03:40:37	**04:43:08.95**	+00:47:10 (16.7%)	6:17	9.5 (83.3%)
23	**LASEK Jakub**	**5310**	KW OPOLE	Senior II M - 30	15	01:09:21	02:26:12	03:36:37	**04:43:59.25**	+00:48:00 (16.9%)	6:18	9.5 (83.3%)
24	**MATYSIAK Bartłomiej**	**5427**	WILD ULTRA WARRIORS	Masters M - 40	6	01:08:54	02:28:58	03:40:32	**04:44:11.60**	+00:48:13 (17.0%)	6:18	9.5 (83.3%)
25	**MAŁEK Tomasz**	**5483**		Senior I M - 20	3	01:09:32	02:28:05	03:38:13	**04:44:54.70**	+00:48:56 (17.2%)	6:19	9.5 (83.3%)
26	**PROMIRSKI Norbert**	**5498**		Masters M - 40	7	01:08:58	02:25:41	03:36:17	**04:45:03.00**	+00:49:04 (17.2%)	6:20	9.5 (83.3%)
27	**JURASZEK Andrzej**	**5295**	METHEORA SPORT TEAM	Senior I M - 20	4	01:07:28	02:26:19	03:38:36	**04:46:30.35**	+00:50:32 (17.6%)	6:22	9.4 (82.5%)
28	**SZAFRAŃSKI Jan**	**5511**	PANTHERS WROCŁAW	Senior II M - 30	16	01:13:13	02:33:22	03:41:17	**04:48:10.35**	+00:52:12 (18.1%)	6:24	9.4 (82.5%)
29	**HERCHEL Arkadiusz**	**5172**		Masters M - 40	8	01:14:28	02:33:46	03:41:51	**04:51:32.05**	+00:55:33 (19.1%)	6:28	9.3 (81.6%)
30	**MARKIEWICZ Agnieszka**	**5041**	PRORUNNING PROMOTION	Senior II K - 30	2	01:15:22	02:39:29	03:47:51	**04:51:57.00**	+00:55:58 (19.2%)	6:29	9.2 (80.7%)
31	**CHAJDAS Mateusz**	**5189**	INŻYNIERIA BIEGANIA	Senior I M - 20	5	01:14:19	02:34:15	03:44:05	**04:52:28.85**	+00:56:30 (19.3%)	6:29	9.2 (80.7%)
32	**CHMIELOWIEC Daniel**	**5051**	GORLICKA GRUPA BIEGOWA	Senior II M - 30	17	01:11:03	02:33:57	03:47:03	**04:53:21.60**	+00:57:23 (19.6%)	6:31	9.2 (80.7%)
33	**SIUDEK Robert**	**5516**	MARCIN ŚWIERC TEAM	Senior II M - 30	18	01:13:57	02:35:05	03:47:37	**04:53:48.55**	+00:57:50 (19.7%)	6:31	9.2 (80.7%)
34	**KLIMA Dariusz**	**5391**		Senior II M - 30	19	01:12:26	02:35:32	03:48:32	**04:55:24.40**	+00:59:26 (20.1%)	6:33	9.1 (79.8%)
35	**DĄBROWSKI Mariusz**	**5430**		Weteran I M - 50	1	01:12:16	02:35:48	03:49:19	**04:55:32.70**	+00:59:34 (20.2%)	6:34	9.1 (79.8%)
36	**GORCZYŃSKI Norbert**	**5037**	KUDOWIANKA RUN	Senior I M - 20	6	01:11:15	02:34:27	03:53:42	**04:59:51.25**	+01:03:52 (21.3%)	6:39	9 (78.9%)
37	**KOZANECKI Przemysław**	**5089**	WYBIEGAĆ MARZENIA TEAM	Senior I M - 20	7	01:18:18	02:39:37	03:51:40	**04:59:58.55**	+01:04:00 (21.3%)	6:39	9 (78.9%)
38	**MALINOWSKI Dawid**	**5505**		Senior I M - 20	8	01:16:25	02:41:56	03:53:55	**05:00:13.65**	+01:04:15 (21.4%)	6:40	9 (78.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
39	**RINK Jan**	**5138**		Masters M - 40	9	01:15:07	02:38:27	03:52:33	**05:00:32.60**	+01:04:34 (21.5%)	6:40	9 (78.9%)
40	**WIERBICKI Krystian**	**5287**		Masters M - 40	10	01:20:12	02:50:10	04:01:53	**05:03:04.25**	+01:07:05 (22.1%)	6:44	8.9 (78.1%)
41	**KĘPSKI Robert**	**5187**		Masters M - 40	11	01:21:28	02:47:23	03:57:53	**05:04:00.70**	+01:08:02 (22.4%)	6:45	8.9 (78.1%)
42	**LACH Sebastian**	**5372**		Masters M - 40	12	01:19:51			**05:05:04.40**	+01:09:06 (22.7%)	6:46	8.9 (78.1%)
43	**POPIEL Andrzej**	**5106**	POPSMART.PL	Senior II M - 30	20	01:13:55	02:39:35	03:55:04	**05:05:50.75**	+01:09:52 (22.8%)	6:47	8.8 (77.2%)
44	**JANKOWSKI Sebastian**	**5477**	WIELISZEW HERON TEAM	Masters M - 40	13	01:18:11	02:43:51	03:56:56	**05:06:10.55**	+01:10:12 (22.9%)	6:48	8.8 (77.2%)
45	**SPYCHALSKI Adam**	**5313**		Masters M - 40	14	01:10:14	02:37:18	03:50:30	**05:06:28.30**	+01:10:30 (23.0%)	6:48	8.8 (77.2%)
46	**WANIOWSKI Jan Jakub**	**5403**		Senior II M - 30	21	01:15:09	02:38:45	03:53:02	**05:07:16.40**	+01:11:18 (23.2%)	6:49	8.8 (77.2%)
47	**MATUŠKA Filip**	**5303**	THERMO FISHER RUNNING TEAM	Masters M - 40	15	01:11:30	02:36:41	03:55:01	**05:09:32.20**	+01:13:33 (23.8%)	6:52	8.7 (76.3%)
48	**JĘDZURA Daniel**	**5349**	BP RUNNING TEAM GLIWICE	Masters M - 40	16	01:17:10	02:42:54	03:58:49	**05:09:42.40**	+01:13:44 (23.8%)	6:52	8.7 (76.3%)
49	**PAWŁOWSKI Tomasz**	**5203**		Masters M - 40	17	01:16:31	02:37:57	03:50:08	**05:11:02.05**	+01:15:03 (24.1%)	6:54	8.7 (76.3%)
50	**SOSNOWSKI Roman**	**5119**	LACHO TEAM	Weteran I M - 50	2	01:23:39	02:53:02	04:06:29	**05:12:03.70**	+01:16:05 (24.4%)	6:56	8.7 (76.3%)
51	**ŻURAWSKI Sławomir**	**5002**	PGBSPORTOWAPACZKA	Masters M - 40	18	01:16:59	02:41:50	03:57:58	**05:12:18.10**	+01:16:19 (24.4%)	6:56	8.6 (75.4%)
52	**SOBOLEWSKI Dariusz**	**5444**	BOREL MARATHON TEAM	Senior II M - 30	22	01:25:13			**05:12:58.30**	+01:17:00 (24.6%)	6:57	8.6 (75.4%)
53	**BERG Aleksander**	**5179**		Senior II M - 30	23	01:13:07	02:37:54	03:56:34	**05:13:20.30**	+01:17:22 (24.7%)	6:57	8.6 (75.4%)
54	**JAKUBOWSKI Marcin**	**5005**	GRUNWALD TEAM POZNAŃ	Senior II M - 30	24	01:25:05	02:50:26	04:03:45	**05:13:48.45**	+01:17:50 (24.8%)	6:58	8.6 (75.4%)
55	**SUSMANEK Joanna**	**5358**	EY RUN4FUN	Senior II K - 30	3	01:23:52	02:55:56	04:09:15	**05:14:32.55**	+01:18:34 (25.0%)	6:59	8.6 (75.4%)
56	**HOŁOWACZ Andrzej**	**5345**		Masters M - 40	19	01:16:38	02:48:06	04:03:02	**05:16:13.80**	+01:20:15 (25.4%)	7:01	8.5 (74.6%)
57	**WOŁOSZ Kacper**	**5382**	BLUE RUNNER	Senior II M - 30	25	01:19:04	02:44:33	04:01:05	**05:18:37.90**	+01:22:39 (25.9%)	7:04	8.5 (74.6%)
58	**POPRAWSKI Paweł**	**5517**		Senior II M - 30	26	01:17:49	02:42:25	03:55:58	**05:19:14.20**	+01:23:15 (26.1%)	7:05	8.5 (74.6%)
59	**TOKARCZYK Marcin**	**5057**	ATHLETICS NYSA	Masters M - 40	20	01:16:22	02:47:10	04:05:42	**05:20:18.25**	+01:24:19 (26.3%)	7:07	8.4 (73.7%)
60	**ADAM Piotr**	**5416**	WROCLAW MARATHON TEAM	Masters M - 40	21	01:19:07	02:49:24	04:08:47	**05:22:12.45**	+01:26:14 (26.8%)	7:09	8.4 (73.7%)
61	**MOŁODECKI Paweł**	**5462**		Masters M - 40	22	01:19:30	02:50:37	04:04:30	**05:23:20.95**	+01:27:22 (27.0%)	7:11	8.4 (73.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
62	**WŁODARCZYK Jarosław**	**5431**	ZORKA JELONKI RUNNING TEAM	Masters M - 40	23	01:12:30	02:41:12	04:01:49	**05:23:36.85**	+01:27:38 (27.1%)	7:11	8.3 (72.8%)
63	**WUJDA Mirosław**	**5183**	ERNI RULEZ	Masters M - 40	24	01:28:21	03:04:01	04:19:17	**05:24:06.60**	+01:28:08 (27.2%)	7:12	8.3 (72.8%)
64	**SANCHIS Davy**	**5425**	TOUT CHAILLES COURT	Masters M - 40	25	01:20:08	02:51:07	04:13:27	**05:24:18.20**	+01:28:19 (27.2%)	7:12	8.3 (72.8%)
65	**BARANOWSKI Jacek**	**5496**	JACEKBIEGA RUNNING TEAM	Masters M - 40	26	01:23:37	02:53:25	04:13:04	**05:26:14.90**	+01:30:16 (27.7%)	7:15	8.3 (72.8%)
66	**CZAJKOWSKI Krzysztof**	**5159**	KOŁO BIEGA	Masters M - 40	27	01:17:19	02:45:20	04:07:14	**05:27:14.15**	+01:31:15 (27.9%)	7:16	8.3 (72.8%)
67	**KLYSZCZ Michał**	**5325**	IZBICKO W BIEGU	Senior I M - 20	9	01:26:18	03:01:57	04:19:54	**05:30:47.20**	+01:34:48 (28.7%)	7:21	8.2 (71.9%)
68	**BURZEC Tomasz**	**5438**	HFB	Masters M - 40	28	01:17:55	02:51:32	04:11:10	**05:31:19.80**	+01:35:21 (28.8%)	7:21	8.1 (71.1%)
69	**ZDZIECHOWICZ Natalia**	**5012**	AZS UJ	Senior I K - 20	1	01:23:56	02:50:17	04:10:53	**05:31:24.35**	+01:35:26 (28.8%)	7:21	8.1 (71.1%)
70	**NOWAK Marcin**	**5474**	KRAKOWIAK ULTRA TEAM	Senior II M - 30	27	01:19:00	02:52:33	04:17:35	**05:31:42.25**	+01:35:43 (28.9%)	7:22	8.1 (71.1%)
71	**CHUDY Piotr**	**5224**	KLIMA-ELEKTRO.PL	Masters M - 40	29	01:25:08	02:55:21	04:14:54	**05:33:16.30**	+01:37:18 (29.2%)	7:24	8.1 (71.1%)
72	**STROF Marcin**	**5274**	EKO-OKNA RUNNERS	Senior II M - 30	28	01:20:21	02:50:21	04:11:39	**05:34:11.20**	+01:38:12 (29.4%)	7:25	8.1 (71.1%)
73	**LEWANDOWSKI Wojciech**	**5456**		Masters M - 40	30	01:19:06	02:53:40	04:16:24	**05:34:43.10**	+01:38:44 (29.5%)	7:26	8.1 (71.1%)
74	**FERENC-SZMUC Edyta**	**5282**	KUDOWIANKA RUN	Senior II K - 30	4	01:25:36	02:56:41	04:16:41	**05:35:02.50**	+01:39:04 (29.6%)	7:26	8.1 (71.1%)
75	**CICHOŃ Magdalena**	**5458**		Masters K - 40	1	01:29:46	03:05:04	04:22:09	**05:35:11.85**	+01:39:13 (29.6%)	7:26	8.1 (71.1%)
76	**LASOCKI Marcin**	**5103**	12TRI.PL / TEAM ZABIEGANEDNI	Masters M - 40	31	01:16:44	02:47:02	04:11:20	**05:35:46.65**	+01:39:48 (29.7%)	7:27	8 (70.2%)
77	**GRUSZKA Janusz**	**5450**	KITA TEAM	Senior II M - 30	29	01:19:21	02:51:38	04:14:29	**05:36:26.15**	+01:40:27 (29.9%)	7:28	8 (70.2%)
78	**BABIARZ Jacek**	**5451**	KITA TEAM	Senior II M - 30	30	01:19:33	02:51:49	04:15:11	**05:36:37.95**	+01:40:39 (29.9%)	7:28	8 (70.2%)
79	**ZAWADA Mateusz**	**5269**	ZARAŻENI BÓLEM	Senior I M - 20	10	01:28:22	02:57:51	04:20:34	**05:37:03.40**	+01:41:05 (30.0%)	7:29	8 (70.2%)
80	**WASIAKOWSKI Norbert**	**5290**	ORANGE POLSKA	Masters M - 40	32	01:21:41	02:48:38	04:08:11	**05:37:35.60**	+01:41:37 (30.1%)	7:30	8 (70.2%)
81	**BOROWIEC Bartosz**	**5247**	PRO-RUN WROCŁAW	Senior II M - 30	31	01:19:22	02:51:56	04:14:23	**05:39:02.40**	+01:43:04 (30.4%)	7:32	8 (70.2%)
82	**ZYCH Katarzyna**	**5003**	BONNIE & CLYDE	Masters K - 40	2	01:24:04	03:01:39	04:22:02	**05:41:14.55**	+01:45:16 (30.8%)	7:34	7.9 (69.3%)
83	**MAŚLAK Radomił**	**5413**	STARE BABICE BIEGAJĄ	Masters M - 40	33	01:23:48	03:00:26	04:21:57	**05:41:48.00**	+01:45:49 (31.0%)	7:35	7.9 (69.3%)
84	**MAZIK Wojciech**	**5512**		Senior I M - 20	11	01:21:51	02:49:59	04:14:08	**05:42:10.65**	+01:46:12 (31.0%)	7:36	7.9 (69.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
85	**BIEL Sławomir**	**5196**		Senior II M - 30	32	01:20:50	02:57:41	04:22:31	**05:43:08.20**	+01:47:09 (31.2%)	7:37	7.9 (69.3%)
86	**RŮŽIČKA Lukáš**	**5519**	RUNSPORT TEAM	Senior II M - 30	33	01:25:45	02:59:39	04:18:13	**05:43:23.00**	+01:47:24 (31.3%)	7:37	7.9 (69.3%)
87	**STRAUCHOLD Anna**	**5169**	PRO RUN WROCŁAW	Masters K - 40	3	01:26:42	03:03:08	04:26:29	**05:44:03.00**	+01:48:04 (31.4%)	7:38	7.8 (68.4%)
88	**MAZUREK Artur**	**5389**	GMINA LUDZI Z PASJĄ	Weteran I M - 50	3	01:25:48	02:59:48	04:22:25	**05:44:05.55**	+01:48:07 (31.4%)	7:38	7.8 (68.4%)
89	**ŚMIECHOWSKI Michał**	**5514**	PANTHERS WROCŁAW	Senior II M - 30	34	01:13:59	02:43:48	04:16:59	**05:45:05.70**	+01:49:07 (31.6%)	7:40	7.8 (68.4%)
90	**CHOJECKI Paweł**	**5398**	ZBUCKI RUCH	Masters M - 40	34	01:22:34	03:00:43	04:23:34	**05:45:47.30**	+01:49:49 (31.8%)	7:41	7.8 (68.4%)
91	**NOWAK Paweł**	**5525**		Weteran II M - 60	1	01:27:04	03:07:17	04:30:37	**05:46:41.15**	+01:50:42 (31.9%)	7:42	7.8 (68.4%)
92	**LAMEK Andrzej**	**5321**	AKTYWNY OSTRZESZÓW	Weteran I M - 50	4	01:25:13	03:03:55	04:27:46	**05:47:13.95**	+01:51:15 (32.0%)	7:42	7.8 (68.4%)
93	**BRUDEREK Tomasz**	**5333**	PRIMUM CURRERE	Masters M - 40	35	01:25:18	03:04:29	04:27:31	**05:47:15.00**	+01:51:16 (32.0%)	7:43	7.8 (68.4%)
94	**SKWAREK Marcin**	**5340**	SMASHING PĄPKINS	Senior II M - 30	35	01:22:31	02:59:29	04:25:10	**05:47:16.75**	+01:51:18 (32.1%)	7:43	7.8 (68.4%)
95	**KUĆ Jaroslaw**	**5050**	LACHO TEAM	Weteran I M - 50	5	01:23:29	02:56:19	04:24:00	**05:47:54.60**	+01:51:56 (32.2%)	7:43	7.8 (68.4%)
96	**CZARNECKI Zbigniew**	**5415**	STARE BABICE BIEGAJĄ	Weteran I M - 50	6	01:24:22	03:02:23	04:26:29	**05:48:12.00**	+01:52:13 (32.2%)	7:44	7.8 (68.4%)
97	**WANDEL Piotr**	**5105**	PRO-RUN	Masters M - 40	36	01:26:31	03:03:00	04:27:01	**05:49:18.20**	+01:53:19 (32.4%)	7:45	7.7 (67.5%)
98	**ŻEBROWSKI Juliusz**	**5262**	BORN TO RUN	Senior I M - 20	12	01:23:51	02:58:48	04:31:55	**05:49:23.50**	+01:53:25 (32.5%)	7:45	7.7 (67.5%)
99	**GAŁECKI Robert**	**5437**	HFB	Senior II M - 30	36	01:17:44	02:51:22	04:23:27	**05:50:34.95**	+01:54:36 (32.7%)	7:47	7.7 (67.5%)
100	**WOJCIECHOWSKI Dariusz**	**5468**	KRAKOWIAK ULTRA TEAM	Masters M - 40	37	01:24:53	03:00:25	04:28:26	**05:50:51.30**	+01:54:53 (32.7%)	7:47	7.7 (67.5%)
101	**PARANDYK Krystian**	**5417**		Senior II M - 30	37	01:25:33	03:06:33	04:31:05	**05:51:10.70**	+01:55:12 (32.8%)	7:48	7.7 (67.5%)
102	**KOWALCZYK Adam**	**5518**		Masters M - 40	38	01:28:19	03:07:40	04:32:04	**05:52:18.80**	+01:56:20 (33.0%)	7:49	7.7 (67.5%)
103	**RÓLKA Mariola**	**5471**	BRACIA PIETRZAK RUNNING TEAM	Masters K - 40	4	01:27:57	03:09:25	04:36:38	**05:52:43.75**	+01:56:45 (33.1%)	7:50	7.7 (67.5%)
104	**MICHAŁ Łubian**	**5371**	CSIOZ	Masters M - 40	39	01:25:55	03:04:14	04:27:47	**05:53:37.15**	+01:57:38 (33.3%)	7:51	7.6 (66.7%)
105	**POCIEJOWSKI Fryderyk**	**5099**		Senior II M - 30	38	01:22:28	02:59:15	04:25:52	**05:53:38.65**	+01:57:40 (33.3%)	7:51	7.6 (66.7%)
106	**PIKOS Patryk**	**5083**		Senior II M - 30	39	01:19:04	02:52:31	04:25:06	**05:54:25.75**	+01:58:27 (33.4%)	7:52	7.6 (66.7%)
107	**WANSKI Michal**	**5347**		Masters M - 40	40	01:28:34	03:02:51	04:28:21	**05:54:29.95**	+01:58:31 (33.4%)	7:52	7.6 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
108	**GWOZDECKI Tomasz**	**5125**	ZWYCZUCIEMSMAKU.PL	Senior II M - 30	40	01:21:59	03:01:59	04:31:05	**05:54:35.60**	+01:58:37 (33.5%)	7:52	7.6 (66.7%)
109	**SNARSKI Piotr**	**5394**	ADIDAS RUNNERS WARSAW	Senior II M - 30	41	01:27:19	03:05:36	04:34:31	**05:54:39.75**	+01:58:41 (33.5%)	7:52	7.6 (66.7%)
110	**BIAŁEK Mirosław**	**5168**	WRONIECKI KLUB BIEGACZA - PANDA TEAM	Senior II M - 30	42	01:28:59	03:10:16	04:37:05	**05:55:01.20**	+01:59:02 (33.5%)	7:53	7.6 (66.7%)
111	**MŁYNARCZYK Krzysztof**	**5428**		Masters M - 40	41	01:30:10	03:12:26	04:35:33	**05:56:39.00**	+02:00:40 (33.8%)	7:55	7.6 (66.7%)
112	**BEDNARZ Marta**	**5385**	ADIDAS WARSAW RUNNERS	Senior II K - 30	5	01:27:37	03:10:21	04:35:56	**05:57:30.85**	+02:01:32 (34.0%)	7:56	7.6 (66.7%)
113	**PUDELKO Roman**	**5419**		Senior II M - 30	43	01:30:11	03:13:02	04:39:26	**05:57:43.65**	+02:01:45 (34.0%)	7:56	7.5 (65.8%)
114	**ABRAMOWICZ Agata**	**5304**		Senior I K - 20	2	01:26:13	03:07:25	04:35:30	**05:57:49.55**	+02:01:51 (34.1%)	7:57	7.5 (65.8%)
115	**ZERZUT Jarosław**	**5045**	ŚRUNDUNIA SZCZECIN	Weteran I M - 50	7	01:31:38	03:07:24	04:35:15	**05:58:35.45**	+02:02:37 (34.2%)	7:58	7.5 (65.8%)
116	**BARAŃSKI Paweł**	**5354**	WIECHLICE RUN	Senior II M - 30	44	01:27:28	03:03:26	04:34:51	**05:59:13.00**	+02:03:14 (34.3%)	7:58	7.5 (65.8%)
117	**WRÓBLEWSKI Radosław**	**5243**	VELUX	Senior II M - 30	45	01:35:08	03:15:11	04:37:10	**05:59:55.25**	+02:03:56 (34.4%)	7:59	7.5 (65.8%)
118	**KARCZEWSKI Andrzej**	**5363**		Senior II M - 30	46				**06:00:00.00**	+02:04:01 (34.5%)	8:00	7.5 (65.8%)
119	**CZERWIŃSKI Łukasz**	**5066**	RAFFLES EUROPEJSKI WARSAW	Masters M - 40	42	01:22:00	02:55:55	04:33:26	**06:00:31.80**	+02:04:33 (34.5%)	8:00	7.5 (65.8%)
120	**HORDEY Yaroslav**	**5461**	SPRINTERPRĄDY	Masters M - 40	43	01:17:30	02:45:34	04:45:13	**06:01:00.50**	+02:05:02 (34.6%)	8:01	7.5 (65.8%)
121	**JARNOT Konrad**	**5194**	BIEGAM W KATO ;)	Senior II M - 30	47	01:35:53	03:13:40	04:39:33	**06:01:14.30**	+02:05:16 (34.7%)	8:01	7.5 (65.8%)
122	**PASZKIEWICZ Józef**	**5390**		Senior II M - 30	48	01:28:38	03:04:09	04:32:57	**06:01:24.35**	+02:05:26 (34.7%)	8:01	7.5 (65.8%)
123	**STYK Marek**	**5205**		Senior II M - 30	49	01:30:46	03:03:59	04:33:13	**06:01:29.45**	+02:05:31 (34.7%)	8:02	7.5 (65.8%)
124	**WOŹNIAK Paweł**	**5217**	KLEP	Masters M - 40	44	01:20:09	03:01:17	04:29:52	**06:01:42.65**	+02:05:44 (34.8%)	8:02	7.5 (65.8%)
125	**KIŃCZYK Tomasz**	**5488**	TERMY JAKUBA	Masters M - 40	45	01:35:08	03:16:02	04:43:29	**06:01:48.65**	+02:05:50 (34.8%)	8:02	7.5 (65.8%)
126	**STASIAK Włodzimierz Stasiak**	**5040**	PRO-RUN WROCŁAW	Senior II M - 30	50	01:26:22	03:07:00	04:37:31	**06:01:58.15**	+02:05:59 (34.8%)	8:02	7.5 (65.8%)
127	**LEJA Wojciech**	**5232**	LEJOWIE	Senior I M - 20	13	01:23:05	03:00:26	04:32:24	**06:02:04.05**	+02:06:05 (34.8%)	8:02	7.5 (65.8%)
128	**BIŃCZARSKI Patryk**	**5060**		Senior II M - 30	51	01:28:47	03:11:50	04:41:22	**06:02:22.10**	+02:06:23 (34.9%)	8:03	7.5 (65.8%)
129	**HŁASKO Ania**	**5284**		Senior I K - 20	3	01:29:13	03:08:24	04:39:01	**06:05:21.70**	+02:09:23 (35.4%)	8:07	7.4 (64.9%)
130	**RUDNICKI Krzysztof**	**5343**		Senior II M - 30	52	01:30:13	03:14:31	04:42:19	**06:05:38.10**	+02:09:39 (35.5%)	8:07	7.4 (64.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
131	**CEBULA Grzegorz**	**5457**		Weteran I M - 50	8	01:22:42	03:07:37	04:38:48	**06:06:49.05**	+02:10:50 (35.7%)	8:09	7.4 (64.9%)
132	**KIEŁCZYŃSKI Rajmund**	**5023**	OVER 40 TEAM	Masters M - 40	46	01:35:36	03:22:51	04:50:02	**06:07:19.85**	+02:11:21 (35.8%)	8:09	7.4 (64.9%)
133	**WARZECHA Teresa**	**5367**	RUNNERS TEAM NYSA	Weteran K - 50	1	01:33:39	03:15:28	04:44:20	**06:07:58.20**	+02:11:59 (35.9%)	8:10	7.3 (64.0%)
134	**POPŁAWSKI Piotr**	**5432**	PGB SPORTOWA PACZKA	Senior II M - 30	53	01:34:27	03:24:10	04:50:24	**06:09:18.35**	+02:13:20 (36.1%)	8:12	7.3 (64.0%)
135	**ANTOSIAK Tomasz**	**5501**	TMTEAM	Senior II M - 30	54	01:26:41	03:12:26	04:43:33	**06:09:52.35**	+02:13:54 (36.2%)	8:13	7.3 (64.0%)
136	**ŚLIWKA Arkadiusz**	**5182**	OLZA CIESZYN	Masters M - 40	47	01:27:22	03:10:40	04:41:48	**06:09:57.30**	+02:13:59 (36.2%)	8:13	7.3 (64.0%)
137	**OSMOLAK Agnieszka**	**5210**	PRO-RUN WROCŁAW	Senior II K - 30	6	01:33:46	03:17:17	04:46:04	**06:10:17.85**	+02:14:19 (36.3%)	8:13	7.3 (64.0%)
138	**BIELECKI Robert**	**5027**	KEEN ON RUNNING	Weteran I M - 50	9	01:33:00	03:13:34	04:44:32	**06:11:25.25**	+02:15:26 (36.5%)	8:15	7.3 (64.0%)
139	**GONCERZEWICZ Anna**	**5350**	BASSET ROLLING TEAM/STARE BABICE BIEGAJA	Senior II K - 30	7	01:40:19	03:23:40	04:47:54	**06:11:26.50**	+02:15:28 (36.5%)	8:15	7.3 (64.0%)
140	**SKOKOWSKI Jacek**	**5047**	ŚRUNDUNIA SZCZECIN	Weteran I M - 50	10	01:33:44	03:19:21	04:50:33	**06:11:33.15**	+02:15:34 (36.5%)	8:15	7.3 (64.0%)
141	**WIATER Tomasz**	**5042**		Masters M - 40	48	01:19:53	02:52:25	04:35:12	**06:12:08.65**	+02:16:10 (36.6%)	8:16	7.3 (64.0%)
142	**DRAGANEK Ewelina**	**5202**		Senior II K - 30	8	01:30:35	03:13:54	04:45:07	**06:12:46.00**	+02:16:47 (36.7%)	8:17	7.2 (63.2%)
143	**GORALEWSKI Mateusz**	**5162**		Senior II M - 30	55				**06:13:12.00**	+02:17:13 (36.8%)	8:17	7.2 (63.2%)
144	**WIERZBICKI Daniel**	**5241**	EBIEGI.PL	Senior II M - 30	56	01:37:30	03:27:38	04:56:36	**06:13:17.40**	+02:17:19 (36.8%)	8:17	7.2 (63.2%)
145	**WIERZBICKA Beata**	**5240**	EBIEGI.PL	Senior II K - 30	9	01:37:39	03:27:47	04:56:45	**06:13:21.35**	+02:17:23 (36.8%)	8:17	7.2 (63.2%)
146	**WERNO Bartłomiej**	**5271**		Senior II M - 30	57	01:26:35	03:02:35	04:34:33	**06:13:44.55**	+02:17:46 (36.9%)	8:18	7.2 (63.2%)
147	**STELMACH Krzysztof**	**5206**		Masters M - 40	49	01:32:20	03:13:57	04:45:17	**06:15:41.85**	+02:19:43 (37.2%)	8:20	7.2 (63.2%)
148	**TURLEJ Dariusz**	**5211**	KONDYCJA	Weteran II M - 60	2	01:38:08	03:23:37	04:52:01	**06:16:51.35**	+02:20:53 (37.4%)	8:22	7.2 (63.2%)
149	**BODZIOCH Grzegorz**	**5011**	GORLICKA GRUPA BIEGOWA	Masters M - 40	50	01:38:55	03:22:04	04:51:52	**06:17:01.80**	+02:21:03 (37.4%)	8:22	7.2 (63.2%)
150	**ZŁOTNICKA Olga**	**5118**		Masters K - 40	5	01:37:04	03:25:05	04:55:11	**06:18:15.75**	+02:22:17 (37.6%)	8:24	7.1 (62.3%)
151	**SKURZYŃSKI Mariusz**	**5075**		Masters M - 40	51	01:30:19	03:18:02	04:51:52	**06:18:16.25**	+02:22:17 (37.6%)	8:24	7.1 (62.3%)
152	**KOWALCZYK Rafał**	**5351**	ASICS FRONTRUNNER POLAND	Senior I M - 20	14	01:29:37	03:12:21	04:45:19	**06:18:25.15**	+02:22:26 (37.6%)	8:24	7.1 (62.3%)
153	**SIENNICA Joanna**	**5097**		Masters K - 40	6	01:37:16	03:25:15	04:55:23	**06:18:25.80**	+02:22:27 (37.6%)	8:24	7.1 (62.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
154	**FRONCZKOWSKA Barbara**	**5281**		Senior II K - 30	10	01:38:23	03:25:09	04:55:14	**06:19:38.20**	+02:23:39 (37.8%)	8:26	7.1 (62.3%)
155	**PARFIENIUK Michał**	**5348**	BIAŁYSTOK BIEGA TEAM	Senior I M - 20	15	01:36:56	03:26:50	05:00:09	**06:20:03.50**	+02:24:05 (37.9%)	8:26	7.1 (62.3%)
156	**DOBEK Tomasz**	**5297**	BIEGAMPŁOCK TEAM	Masters M - 40	52	01:34:43	03:16:37	04:47:25	**06:20:30.75**	+02:24:32 (38.0%)	8:27	7.1 (62.3%)
157	**ŻEHALUK Paweł**	**5280**		Senior I M - 20	16	02:04:53	03:38:06	04:59:30	**06:21:20.05**	+02:25:21 (38.1%)	8:28	7.1 (62.3%)
158	**GŁUSZKO Krzysztof**	**5215**	MIRA TEAM	Weteran II M - 60	3	01:31:10	03:14:01	04:53:11	**06:22:13.35**	+02:26:15 (38.3%)	8:29	7.1 (62.3%)
159	**ROSIECKI Marcin**	**5267**		Masters M - 40	53	01:26:53	03:09:55	04:46:13	**06:22:37.45**	+02:26:39 (38.3%)	8:30	7.1 (62.3%)
160	**GŁOWACKI Krzysztof**	**5126**		Senior II M - 30	58	01:23:52	03:10:03	04:52:29	**06:24:02.35**	+02:28:04 (38.6%)	8:32	7 (61.4%)
161	**GINTER Grzegorz**	**5436**	AZS COLLEGIUM MEDICUM UJ	Senior II M - 30	59	01:37:04	03:24:42	04:55:25	**06:24:22.15**	+02:28:23 (38.6%)	8:32	7 (61.4%)
162	**ŁOAZA Krzysztof**	**5065**	NIGHT RUNNERS PYSKOWICE	Masters M - 40	54	01:42:15	03:21:42	04:56:57	**06:24:39.35**	+02:28:41 (38.7%)	8:32	7 (61.4%)
163	**GOŁUCKI Przemyslaw**	**5218**		Masters M - 40	55	01:35:11	03:17:01	04:50:52	**06:24:43.80**	+02:28:45 (38.7%)	8:32	7 (61.4%)
164	**GÓRECKA Milena**	**5165**	PANDA TEAM	Senior II K - 30	11	01:44:34	03:36:13	05:07:07	**06:25:06.85**	+02:29:08 (38.7%)	8:33	7 (61.4%)
165	**KISIEL Krzysztof**	**5081**	CYKLO KWIDZYN	Masters M - 40	56	01:36:22	03:22:37	04:59:11	**06:25:25.15**	+02:29:26 (38.8%)	8:33	7 (61.4%)
166	**KWIATKOWSKI Tomasz**	**5275**	KWIDZYN BIEGA	Senior II M - 30	60	01:37:41	03:25:52	04:56:32	**06:26:02.35**	+02:30:04 (38.9%)	8:34	7 (61.4%)
167	**BATURO Artur**	**5226**	MARCINOWICE TEAM	Masters M - 40	57	01:28:19	03:17:15	04:52:26	**06:26:06.00**	+02:30:07 (38.9%)	8:34	7 (61.4%)
168	**JAWORSKI Łukasz**	**5249**		Masters M - 40	58	01:37:49	03:20:34	04:57:19	**06:26:29.60**	+02:30:31 (38.9%)	8:35	7 (61.4%)
169	**CHĘCIŃSKI Łukasz**	**5121**		Masters M - 40	59	01:34:13	03:15:22	04:53:14	**06:26:43.10**	+02:30:44 (39.0%)	8:35	7 (61.4%)
170	**MARCINIAK Rafał**	**5410**		Senior II M - 30	61	01:33:30	03:22:51	04:58:37	**06:26:50.50**	+02:30:52 (39.0%)	8:35	7 (61.4%)
171	**GMAJ Daniel**	**5128**	1983	Senior II M - 30	62	01:39:07	03:23:19	04:55:00	**06:27:22.25**	+02:31:23 (39.1%)	8:36	7 (61.4%)
172	**JANISZEWSKI Dominik**	**5061**		Senior II M - 30	63	01:37:31	03:22:55	05:01:09	**06:27:34.05**	+02:31:35 (39.1%)	8:36	7 (61.4%)
173	**KUJAWSKA Agnieszka**	**5098**		Masters K - 40	7	01:36:03	03:26:37	04:58:18	**06:27:34.65**	+02:31:36 (39.1%)	8:36	7 (61.4%)
174	**HENECZKOWSKA Anna**	**5263**	BORN TO RUN	Senior I K - 20	4	01:26:26	03:08:21	04:51:26	**06:28:11.15**	+02:32:12 (39.2%)	8:37	7 (61.4%)
175	**KŁODA Dariusz**	**5018**	DRUŻYNA SZPIKU	Masters M - 40	60	01:37:52	03:23:59	05:00:26	**06:29:06.20**	+02:33:07 (39.4%)	8:38	6.9 (60.5%)
176	**PTASZYŃSKI Krzysztof**	**5131**		Senior I M - 20	17	01:38:31	03:27:53	05:02:29	**06:29:43.25**	+02:33:44 (39.5%)	8:39	6.9 (60.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
177	**SAJEWICZ Grzegorz**	**5320**		Senior II M - 30	64	01:48:48	03:32:53	05:02:38	**06:29:48.90**	+02:33:50 (39.5%)	8:39	6.9 (60.5%)
178	**KRUCZEK Mirosław**	**5086**	KW OPOLE	Weteran I M - 50	11	01:31:56	03:18:34	04:50:33	**06:30:31.05**	+02:34:32 (39.6%)	8:40	6.9 (60.5%)
179	**KLOSEK Jacek**	**5502**	INSTAL-TECH TEAM	Senior II M - 30	65	01:40:10	03:26:28	04:58:37	**06:30:44.70**	+02:34:46 (39.6%)	8:41	6.9 (60.5%)
180	**ILKÓW Marcin**	**5307**	NSK RUNS	Masters M - 40	61	01:27:12	03:10:44	04:51:38	**06:30:47.05**	+02:34:48 (39.6%)	8:41	6.9 (60.5%)
181	**BOROWSKI Tomasz**	**5423**	HAMER	Weteran I M - 50	12	01:31:23	03:25:31	05:07:12	**06:31:38.25**	+02:35:39 (39.7%)	8:42	6.9 (60.5%)
182	**PSZENICZNA Joanna**	**5013**	VEGE RUNNERS	Senior II K - 30	12	01:39:34	03:32:22	05:03:52	**06:31:53.55**	+02:35:55 (39.8%)	8:42	6.9 (60.5%)
183	**DZIUBEK Monika**	**5236**	W POGONI ZA DUCHEM	Masters K - 40	8	01:40:17	03:31:34	05:07:05	**06:32:28.05**	+02:36:29 (39.9%)	8:43	6.9 (60.5%)
184	**KÓZKA Przemo**	**5335**	BIEGAM, BO NIE LUBIĘ	Masters M - 40	62	01:27:35	03:16:17	04:57:09	**06:33:10.80**	+02:37:12 (40.0%)	8:44	6.9 (60.5%)
185	**KUŻEL Adrian**	**5147**	LATAJACE GRYFY	Masters M - 40	63	01:38:18	03:31:45	05:04:58	**06:33:12.40**	+02:37:14 (40.0%)	8:44	6.9 (60.5%)
186	**CHYLIŃSKI Sławomir**	**5149**	KASTA Z MAŁEGO MIASTA	Masters M - 40	64	01:38:20	03:31:54	05:05:08	**06:33:20.30**	+02:37:22 (40.0%)	8:44	6.9 (60.5%)
187	**TWARDOWSKI Krzysztof**	**5222**	AMATOR	Weteran I M - 50	13	01:35:51	03:27:02	05:04:49	**06:33:27.90**	+02:37:29 (40.0%)	8:44	6.9 (60.5%)
188	**ŚWIATOWIEC Anna**	**5062**		Masters K - 40	9	01:41:50	03:32:07	05:05:50	**06:34:30.60**	+02:38:32 (40.2%)	8:46	6.8 (59.6%)
189	**OLSZEWSKI Michał**	**5293**		Masters M - 40	65	01:36:19	03:26:05	05:00:05	**06:34:48.30**	+02:38:50 (40.2%)	8:46	6.8 (59.6%)
190	**GIEL Jarosław**	**5096**	NKB CHYŻY	Senior II M - 30	66	01:38:33	03:30:49	05:09:09	**06:35:13.70**	+02:39:15 (40.3%)	8:46	6.8 (59.6%)
191	**NOWAK Krystian**	**5184**	NKB CHYŻY NOWY TOMYŚL	Senior I M - 20	18	01:46:30	03:37:37	05:10:33	**06:35:24.15**	+02:39:25 (40.3%)	8:47	6.8 (59.6%)
192	**ZAŁUSKI Piotr**	**5238**	PECNA TEAM	Masters M - 40	66	01:39:13	03:27:03	05:11:16	**06:35:30.35**	+02:39:32 (40.3%)	8:47	6.8 (59.6%)
193	**WIERZCHOŃ Michał**	**5033**		Masters M - 40	67	01:32:58	03:22:55	05:03:15	**06:35:37.15**	+02:39:38 (40.4%)	8:47	6.8 (59.6%)
194	**KIERSKI Jan**	**5186**	AZS POLITECHNIKA WARSZAWSKA	Senior I M - 20	19	01:34:58	03:25:35	05:05:05	**06:35:54.85**	+02:39:56 (40.4%)	8:47	6.8 (59.6%)
195	**SZKÓDLIŃSKI Bartosz**	**5025**	ODDYCHAJSWOBODNIE.PL	Masters M - 40	68	01:40:13	03:29:15	05:07:09	**06:36:20.45**	+02:40:22 (40.5%)	8:48	6.8 (59.6%)
196	**SZYMANIK Pawel**	**5309**	REEBOK RUN CREW	Masters M - 40	69	01:59:11	03:43:45	05:10:28	**06:36:35.30**	+02:40:37 (40.5%)	8:48	6.8 (59.6%)
197	**LASZEWSKI Mateusz**	**5123**	ZAYAVA	Senior I M - 20	20	01:39:17	03:29:57	04:59:44	**06:36:47.50**	+02:40:49 (40.5%)	8:49	6.8 (59.6%)
198	**SZYNDLAREWICZ Tomasz**	**5277**	VOLVO POLSKA	Masters M - 40	70	01:32:18	03:25:03	05:04:35	**06:36:59.60**	+02:41:01 (40.6%)	8:49	6.8 (59.6%)
199	**OLESIŃSKA Martyna**	**5506**	W POGONI ZA DUCHEM	Senior II K - 30	13	01:40:08	03:31:31	05:09:34	**06:39:00.05**	+02:43:01 (40.9%)	8:52	6.8 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
200	**LEŚNIAK Marcin**	**5137**	ZARAŻENI BÓLEM	Senior II M - 30	67	01:35:55	03:29:48	05:06:18	**06:39:01.60**	+02:43:03 (40.9%)	8:52	6.8 (59.6%)
201	**KARDAS Piotr**	**5155**		Masters M - 40	71	01:37:24	03:23:37	05:05:46	**06:40:24.40**	+02:44:26 (41.1%)	8:53	6.7 (58.8%)
202	**KOLAJ Ewelina**	**5515**		Senior II K - 30	14	01:44:02	03:40:22	05:15:43	**06:40:26.55**	+02:44:28 (41.1%)	8:53	6.7 (58.8%)
203	**ZALEWSKA Agata**	**5379**	KLUB BIEGACZA BOLESŁAWIEC	Senior II K - 30	15	01:40:46	03:33:02	05:08:27	**06:40:29.70**	+02:44:31 (41.1%)	8:54	6.7 (58.8%)
204	**ZMYSŁOWSKI Piotr**	**5276**	KKM MXTECH CYKLOTEAM	Senior II M - 30	68	01:34:50	03:22:37	05:02:39	**06:40:30.15**	+02:44:31 (41.1%)	8:54	6.7 (58.8%)
205	**STANISZ Marcin**	**5216**	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	69	01:42:06	03:21:33	05:04:08	**06:40:35.05**	+02:44:36 (41.1%)	8:54	6.7 (58.8%)
206	**GRĘBOWICZ Andrzej**	**5476**	KB HARCOWNIK JELCZ-LASKOWICE	Masters M - 40	72	01:36:07	03:28:57	05:10:38	**06:40:43.85**	+02:44:45 (41.1%)	8:54	6.7 (58.8%)
207	**SZAWARA-ZIÓŁKOWSKA Ewelina**	**5448**	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	16	01:36:10	03:29:02	05:10:44	**06:40:49.65**	+02:44:51 (41.1%)	8:54	6.7 (58.8%)
208	**SKRZYPCZAK Hanna**	**5090**	BROWAR FORTUNA	Weteran K - 50	2	01:38:33	03:36:05	05:10:25	**06:40:54.30**	+02:44:56 (41.1%)	8:54	6.7 (58.8%)
209	**KORBANEK Emilia**	**5508**	GRUNWALD TEAM POZNAŃ	Masters K - 40	10	01:44:50	03:42:22	05:14:54	**06:41:34.45**	+02:45:36 (41.2%)	8:55	6.7 (58.8%)
210	**KOSIOROWSKI Leszek**	**5485**	BIEG PIASTÓW TEAM	Weteran I M - 50	14	01:37:23	03:37:19	05:12:04	**06:41:52.55**	+02:45:54 (41.3%)	8:55	6.7 (58.8%)
211	**KOPYTEK Grzegorz**	**5048**		Masters M - 40	73	01:40:28	03:31:29	05:09:08	**06:42:04.20**	+02:46:05 (41.3%)	8:56	6.7 (58.8%)
212	**PORCZYK Zbigniew**	**5478**	POWER TRAINING	Senior II M - 30	70	01:21:53	03:57:40	05:23:35	**06:42:44.50**	+02:46:46 (41.4%)	8:57	6.7 (58.8%)
213	**PTAK Jarek**	**5397**		Masters M - 40	74	01:37:12	03:29:17	05:08:49	**06:42:52.40**	+02:46:54 (41.4%)	8:57	6.7 (58.8%)
214	**CZUBA Michał**	**5490**		Senior II M - 30	71	01:38:36	03:33:40	05:09:45	**06:42:56.75**	+02:46:58 (41.4%)	8:57	6.7 (58.8%)
215	**PĘKALA Kamila**	**5336**	WKURW_TEAM	Senior I K - 20	5	01:45:14	03:38:43	05:13:32	**06:43:04.10**	+02:47:05 (41.5%)	8:57	6.7 (58.8%)
216	**KOPIEC Izabela**	**5305**	INTER ROPE TEAM	Senior II K - 30	17	01:37:01	03:36:28	05:16:21	**06:43:22.15**	+02:47:23 (41.5%)	8:57	6.7 (58.8%)
217	**KRAKOWIAK Rafał**	**5467**	KRAKOWIAK ULTRA TEAM	Senior II M - 30	72	01:18:37	04:05:56	05:30:04	**06:44:40.00**	+02:48:41 (41.7%)	8:59	6.7 (58.8%)
218	**PAWLUK Anna**	**5376**		Senior II K - 30	18	01:40:37	03:40:59	05:15:26	**06:44:53.45**	+02:48:55 (41.7%)	8:59	6.7 (58.8%)
219	**SZELA Łukasz**	**5163**	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	Senior II M - 30	73	01:43:41	03:38:40	05:13:12	**06:44:53.80**	+02:48:55 (41.7%)	8:59	6.7 (58.8%)
220	**ROSZYK Magdalena**	**5043**	DRUŻYNA SZPIKU	Masters K - 40	11	01:48:56	03:42:19	05:18:56	**06:44:58.60**	+02:49:00 (41.7%)	8:59	6.7 (58.8%)
221	**JASAK Michał**	**5449**	ROYAL RUNNERS TEAM	Senior II M - 30	74	01:36:16	03:34:23	05:18:43	**06:45:01.70**	+02:49:03 (41.7%)	9:00	6.7 (58.8%)
221	**PIJANKA Mariusz**	**5132**		Masters M - 40	75	01:45:10	03:38:45	05:16:22	**06:45:01.70**	+02:49:03 (41.7%)	9:00	6.7 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
223	**ZAŁUSKI Dominik**	**5239**	PECNA TEAM	Senior I M - 20	21	01:38:43	03:26:54	05:08:56	**06:45:09.00**	+02:49:10 (41.8%)	9:00	6.7 (58.8%)
224	**NOWAKOWSKI Wiesław**	**5250**	-	Weteran II M - 60	4		03:29:52	05:10:22	**06:45:20.40**	+02:49:22 (41.8%)	9:00	6.7 (58.8%)
225	**GRZYB Krzysztof**	**5360**		Masters M - 40	76	01:44:55	03:35:24	05:14:16	**06:45:41.05**	+02:49:42 (41.8%)	9:00	6.7 (58.8%)
226	**SARNOWSKA Karolina**	**5266**	PRORUNNING PROMOTION	Masters K - 40	12	01:39:08	03:33:38	05:17:33	**06:46:27.50**	+02:50:29 (41.9%)	9:01	6.6 (57.9%)
227	**KAROLCZAK Tomasz**	**5270**	KILIŃSKIEGO TEAM	Masters M - 40	77	01:36:34	03:30:20	05:12:49	**06:46:53.95**	+02:50:55 (42.0%)	9:02	6.6 (57.9%)
228	**FRAŃSKI Łukasz**	**5019**	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	78	01:46:37	03:43:44	05:20:28	**06:47:02.10**	+02:51:03 (42.0%)	9:02	6.6 (57.9%)
229	**WAŚCIŃSKI Roman**	**5361**	PĘDZI - PARA	Weteran I M - 50	15	01:36:33	03:30:41	05:13:08	**06:47:12.80**	+02:51:14 (42.1%)	9:02	6.6 (57.9%)
230	**BADOWSKI Sebastian**	**5145**	SEBASTIAN BADOWSKI	Masters M - 40	79	01:39:57	03:36:00	05:14:21	**06:48:05.85**	+02:52:07 (42.2%)	9:04	6.6 (57.9%)
231	**KUCZYŃSKI Szymon**	**5409**		Masters M - 40	80	01:40:08	03:36:10	05:14:33	**06:48:07.40**	+02:52:09 (42.2%)	9:04	6.6 (57.9%)
232	**MOSKAL Izabella**	**5154**	TKKF MPK POZNAŃ	Masters K - 40	13	01:39:20	03:36:37	05:16:41	**06:48:48.70**	+02:52:50 (42.3%)	9:05	6.6 (57.9%)
233	**OLIŃSKI Paweł**	**5016**	KIBOLE W BIEGU	Senior II M - 30	75	01:38:17	03:29:08	05:10:28	**06:49:29.40**	+02:53:31 (42.4%)	9:06	6.6 (57.9%)
234	**KOPIEC Arkadiusz**	**5306**		Masters M - 40	81	01:36:51	03:36:37	05:16:20	**06:49:46.80**	+02:53:48 (42.4%)	9:06	6.6 (57.9%)
235	**LAZAROWICZ Krzysztof**	**5079**		Senior II M - 30	76	01:45:34	03:42:09	05:18:02	**06:50:28.20**	+02:54:29 (42.5%)	9:07	6.6 (57.9%)
236	**KOSZAŁKA Marcin**	**5302**		Senior I M - 20	22	01:40:54	03:34:01	05:16:12	**06:50:31.75**	+02:54:33 (42.5%)	9:07	6.6 (57.9%)
237	**SKRZYPIŃSKI Arkadiusz**	**5294**	PSI PATROL	Masters M - 40	82	01:39:31	03:40:25	05:20:15	**06:50:37.15**	+02:54:38 (42.5%)	9:07	6.6 (57.9%)
238	**HAPUNOWICZ Tomasz**	**5400**	ZBUCKI RUCH	Masters M - 40	83	01:23:08	03:03:32	05:03:18	**06:50:44.95**	+02:54:46 (42.6%)	9:07	6.6 (57.9%)
239	**KALISZEWSKI Adam**	**5268**	MPK POZNAŃ	Weteran I M - 50	16	01:41:50	03:39:08	05:19:11	**06:51:19.80**	+02:55:21 (42.6%)	9:08	6.6 (57.9%)
240	**KARBOWSKI Jarosław**	**5108**		Masters M - 40	84	01:30:56	03:26:33	05:10:30	**06:51:43.25**	+02:55:44 (42.7%)	9:08	6.6 (57.9%)
241	**KOZICZAK Katarzyna**	**5377**		Senior II K - 30	19	01:49:56	03:43:32	05:22:30	**06:52:56.90**	+02:56:58 (42.9%)	9:10	6.5 (57.0%)
242	**ŚWIĘTONIOWSKA Justyna**	**5017**	SPARTAN TRAINING GROUP RZESZÓW	Senior II K - 30	20	01:48:53	03:43:18	05:21:01	**06:52:57.75**	+02:56:59 (42.9%)	9:10	6.5 (57.0%)
243	**KURZACZ Orfeusz**	**5199**	4 RUN TEAM PIŁA	Masters M - 40	85	01:38:12	03:33:43	05:16:17	**06:52:59.95**	+02:57:01 (42.9%)	9:10	6.5 (57.0%)
244	**BRUSS Krzysztof**	**5233**	DRUŻYNA SZPIKU	Masters M - 40	86	01:39:54	03:36:08	05:19:59	**06:53:42.55**	+02:57:44 (43.0%)	9:11	6.5 (57.0%)
245	**NOZDRYN-PŁOTNICKI Bolesław**	**5330**		Masters M - 40	87	01:42:05	03:43:32	05:22:36	**06:54:15.25**	+02:58:16 (43.0%)	9:12	6.5 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
246	**STACHURA Damian**	**5455**		Senior II M - 30	77	01:07:08	04:11:51	05:30:40	**06:54:57.70**	+02:58:59 (43.1%)	9:13	6.5 (57.0%)
247	**OSTROUCH Tymon**	**5049**	PARKRUN	Senior II M - 30	78	01:29:28	03:07:38	05:30:44	**06:55:12.20**	+02:59:13 (43.2%)	9:13	6.5 (57.0%)
248	**ŻELAZOWSKA Ola**	**5246**	PRO-RUN WROCLAW	Senior II K - 30	21	01:43:05	03:39:02	05:15:05	**06:55:48.45**	+02:59:50 (43.2%)	9:14	6.5 (57.0%)
249	**LACHOWICZ Marta**	**5109**	NIGHT RUNNERS WROCŁAW	Senior II K - 30	22	01:40:18	03:35:11	05:19:42	**06:56:04.10**	+03:00:05 (43.3%)	9:14	6.5 (57.0%)
250	**LECKI Seweryn**	**5370**	TEAM BIEGOWY SZCZECINEK	Senior II M - 30	79	01:33:30	03:31:55	05:18:20	**06:56:28.05**	+03:00:29 (43.3%)	9:15	6.5 (57.0%)
251	**MISTUR Szymon**	**5030**		Senior II M - 30	80	01:39:33	03:33:52	05:15:51	**06:56:38.40**	+03:00:40 (43.4%)	9:15	6.5 (57.0%)
252	**SMUGA Łukasz**	**5318**	SZEREGOWY BIEGACZ	Senior II M - 30	81	01:47:44	03:42:08	05:25:56	**06:56:43.20**	+03:00:44 (43.4%)	9:15	6.5 (57.0%)
253	**KRZYZIŃSKA Sylwia**	**5481**	DOGOŃ GRODZISK MAZOWIECKI	Masters K - 40	14	01:45:30	03:49:42	05:29:49	**06:57:03.85**	+03:01:05 (43.4%)	9:16	6.5 (57.0%)
254	**SUCHANEK Aleksandra**	**5214**	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	23	01:52:32	03:46:32	05:28:40	**06:57:15.55**	+03:01:17 (43.4%)	9:16	6.5 (57.0%)
255	**LIBERACKA-KOPYTEK Ewa**	**5046**		Masters K - 40	15	01:40:16	03:31:17	05:17:11	**06:57:29.00**	+03:01:30 (43.5%)	9:16	6.5 (57.0%)
256	**LIPIŃSKI Oskar**	**5192**		Senior II M - 30	82	01:49:50	03:36:54	05:19:22	**06:57:43.55**	+03:01:45 (43.5%)	9:16	6.5 (57.0%)
257	**SAJEWICZ Piotr**	**5300**	TURBINA BAŁAKOWO	Senior II M - 30	83	01:42:54	03:40:28	05:25:57	**06:58:03.05**	+03:02:04 (43.6%)	9:17	6.5 (57.0%)
258	**ROLIŃSKI Radosław**	**5258**		Masters M - 40	88	01:39:13	03:38:36	05:21:22	**06:58:24.00**	+03:02:25 (43.6%)	9:17	6.5 (57.0%)
259	**WIECZOREK Elżbieta**	**5178**	POMIDOROWA ALTERNATYWA	Masters K - 40	16	01:46:23	03:43:49	05:31:10	**06:58:46.25**	+03:02:47 (43.7%)	9:18	6.4 (56.1%)
260	**ZYGNER Sławomir**	**5069**	R-TEAM RYDZYNA	Masters M - 40	89	01:34:25	03:28:49	05:17:04	**06:58:52.40**	+03:02:54 (43.7%)	9:18	6.4 (56.1%)
261	**LEONARSKA Małgorzata**	**5291**	ZDEZORIENTOWANI	Senior II K - 30	24	01:47:54	03:42:35	05:26:35	**07:00:06.50**	+03:04:08 (43.8%)	9:20	6.4 (56.1%)
262	**ŻELAZNY Agnieszka**	**5032**	GORLICKA GRUPA BIEGOWA	Masters K - 40	17	01:38:12	03:35:55	05:22:11	**07:00:22.45**	+03:04:24 (43.9%)	9:20	6.4 (56.1%)
263	**GRESER Artur**	**5143**	ORGANIC RACE TEAM	Masters M - 40	90	01:37:41	03:30:18	05:16:55	**07:00:57.25**	+03:04:58 (43.9%)	9:21	6.4 (56.1%)
264	**BURA Tomasz**	**5107**		Senior II M - 30	84	01:38:20	03:30:17	05:21:45	**07:01:19.30**	+03:05:21 (44.0%)	9:21	6.4 (56.1%)
265	**WIŚNIEWSKI Grzegorz**	**5434**		Masters M - 40	91	01:29:15	03:17:54	05:00:58	**07:01:26.40**	+03:05:28 (44.0%)	9:21	6.4 (56.1%)
266	**WRZEŚNIAK Adam**	**5464**	DZIKI Z PSIEGO POLA	Masters M - 40	92	01:33:31	03:30:38	05:16:56	**07:01:34.25**	+03:05:35 (44.0%)	9:22	6.4 (56.1%)
267	**SZCZEPANKIEWICZ Marcin**	**5301**	PCC ULTRA RUNNERS	Senior II M - 30	85	01:33:40	03:30:47	05:16:14	**07:01:45.35**	+03:05:47 (44.1%)	9:22	6.4 (56.1%)
268	**GONET Marek**	**5053**	MB BIURO RACHUNKOWE SERWIS OPOLE	Weteran I M - 50	17	01:36:43	03:34:56	05:17:42	**07:02:11.50**	+03:06:13 (44.1%)	9:22	6.4 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
269	**STRONIKOWSKI Wojciech**	**5524**	MUAY RUNNING TEAM	Senior II M - 30	86	01:49:40	03:40:50	05:20:18	**07:02:32.15**	+03:06:33 (44.2%)	9:23	6.4 (56.1%)
270	**WALAC Jacek**	**5479**	DOGOŃ GRODZISK MAZOWIECKI	Senior II M - 30	87	01:45:20	03:42:49	05:29:38	**07:04:23.70**	+03:08:25 (44.4%)	9:25	6.4 (56.1%)
271	**FLORCZAK Monika**	**5024**	RB ACTIVE	Senior II K - 30	25	01:46:38	03:44:46	05:29:28	**07:04:52.45**	+03:08:54 (44.5%)	9:26	6.4 (56.1%)
272	**IHNATOWICZ Łukasz**	**5414**		Senior II M - 30	88	01:34:00	03:33:42	05:22:31	**07:05:09.25**	+03:09:10 (44.5%)	9:26	6.4 (56.1%)
273	**PABIJAŃCZYK Damian**	**5396**		Senior II M - 30	89	01:39:13	03:41:22	05:23:21	**07:06:03.75**	+03:10:05 (44.6%)	9:28	6.3 (55.3%)
274	**KWAŚNIOK Rafał**	**5020**	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	90	01:52:02	03:46:02	05:34:22	**07:06:49.45**	+03:10:51 (44.7%)	9:29	6.3 (55.3%)
275	**SZCZEPANIAK Grzegorz**	**5443**	BOŚ	Weteran I M - 50	18	01:45:56	03:42:01	05:28:54	**07:07:58.15**	+03:11:59 (44.9%)	9:30	6.3 (55.3%)
276	**RZEPKA Aleksandra**	**5344**	WKURW_TEAM	Senior I K - 20	6	01:45:42	03:44:53	05:34:51	**07:09:13.60**	+03:13:15 (45.0%)	9:32	6.3 (55.3%)
277	**ZIELIŃSKA Mirona**	**5113**		Masters K - 40	18	01:53:40	03:51:45	05:31:05	**07:09:28.05**	+03:13:29 (45.1%)	9:32	6.3 (55.3%)
278	**SITAREK Grzegorz**	**5527**		Masters M - 40	93	01:34:56	03:40:57	05:20:54	**07:09:53.35**	+03:13:55 (45.1%)	9:33	6.3 (55.3%)
279	**SZELA Tomasz**	**5235**	KKSW LUBIN TAE-KWON DO	Senior II M - 30	91	01:43:53	03:42:04	05:33:48	**07:11:03.30**	+03:15:05 (45.3%)	9:34	6.3 (55.3%)
280	**SZEWCZYK Mariusz**	**5228**		Masters M - 40	94	01:57:12	04:00:42	05:37:06	**07:11:14.45**	+03:15:16 (45.3%)	9:35	6.3 (55.3%)
281	**PAWLIK Joanna**	**5094**	KS PRETORIUM POZNAŃ	Senior II K - 30	26	01:51:19	03:53:20	05:38:10	**07:11:25.35**	+03:15:27 (45.3%)	9:35	6.3 (55.3%)
282	**WÓJCIAK Łukasz**	**5039**	UMAWIANIENABIEGANIETEAM	Senior II M - 30	92	01:39:13	03:45:52	05:36:44	**07:11:31.70**	+03:15:33 (45.3%)	9:35	6.3 (55.3%)
283	**WIJAS Mariusz**	**5251**		Masters M - 40	95	01:49:37	03:49:13	05:37:06	**07:11:52.25**	+03:15:53 (45.4%)	9:35	6.3 (55.3%)
284	**HALESZCZUK Tomasz**	**5442**	PRO-RUN WROCŁAW	Masters M - 40	96	01:41:12	03:40:07	05:27:45	**07:12:32.20**	+03:16:33 (45.4%)	9:36	6.2 (54.4%)
285	**DUKAŁA Arkadiusz**	**5418**	NATIONALE-NEDERLANDEN TEAM	Masters M - 40	97	01:47:11	03:47:41	05:33:30	**07:12:32.90**	+03:16:34 (45.4%)	9:36	6.2 (54.4%)
286	**BORUTA-KOŁODZIEJ Emilia**	**5441**	PRO-RUN WROCŁAW	Senior II K - 30	27	01:41:22	03:40:08	05:27:48	**07:12:40.80**	+03:16:42 (45.5%)	9:36	6.2 (54.4%)
287	**URBANIK Radek**	**5475**		Masters M - 40	98	01:36:08	03:41:32	05:36:56	**07:12:45.95**	+03:16:47 (45.5%)	9:37	6.2 (54.4%)
288	**URBANIK Zuzanna**	**5446**		Masters K - 40	19	01:36:19	03:41:48	05:37:07	**07:12:56.75**	+03:16:58 (45.5%)	9:37	6.2 (54.4%)
289	**NIŻEWSKI Paweł**	**5465**	KRAKOWIAK ULTRA TEAM	Masters M - 40	99	01:35:04	03:45:33	05:31:15	**07:12:59.55**	+03:17:01 (45.5%)	9:37	6.2 (54.4%)
290	**PRZYŁUDZKI Janusz**	**5365**		Weteran II M - 60	5	01:51:21	03:53:50	05:35:20	**07:13:34.95**	+03:17:36 (45.6%)	9:38	6.2 (54.4%)
291	**HAAS Przemysław**	**5008**	BACKPACKING OKAPI TEAM	Senior II M - 30	93	01:57:23	03:55:19	05:36:53	**07:13:56.85**	+03:17:58 (45.6%)	9:38	6.2 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
292	**KOBLAŃSKI Tomasz**	**5133**	FITNESS PIEKARY LEGNICA	Senior II M - 30	94	01:38:44	03:30:35	05:14:05	**07:14:22.60**	+03:18:24 (45.7%)	9:39	6.2 (54.4%)
293	**STRZYŻEWSKI Paweł**	**5193**		Masters M - 40	100	01:45:17	03:48:21	05:33:30	**07:14:54.25**	+03:18:55 (45.7%)	9:39	6.2 (54.4%)
294	**BOROWICZ Marcin**	**5392**	QUAY POZNAŃ	Masters M - 40	101	01:47:24	03:50:52	05:40:34	**07:15:25.30**	+03:19:27 (45.8%)	9:40	6.2 (54.4%)
295	**YÜCE Gökhan**	**5153**	VELESBITOS	Senior II M - 30	95	01:55:16	03:53:33	05:41:24	**07:15:31.55**	+03:19:33 (45.8%)	9:40	6.2 (54.4%)
296	**BOROWICZ Paulina**	**5393**	QUAY POZNAŃ	Masters K - 40	20	01:47:34	03:51:02	05:40:45	**07:15:34.15**	+03:19:35 (45.8%)	9:40	6.2 (54.4%)
297	**PLEWA Piotr**	**5257**	4 RUN TEAM PIŁA	Masters M - 40	102	01:44:04	03:42:11	05:32:18	**07:16:03.35**	+03:20:05 (45.9%)	9:41	6.2 (54.4%)
298	**WÓJCIK Kamila**	**5510**	LACHO TEAM	Masters K - 40	21	01:54:17	04:07:16	05:49:25	**07:16:15.00**	+03:20:16 (45.9%)	9:41	6.2 (54.4%)
299	**MORAWA Mateusz**	**5484**	LACHO TEAM	Masters M - 40	103	01:54:11	04:07:10	05:49:16	**07:16:21.45**	+03:20:23 (45.9%)	9:41	6.2 (54.4%)
300	**CZECH Dorota**	**5104**	PRO-RUN WROCŁAW	Masters K - 40	22	01:47:29	03:51:56	05:39:11	**07:16:59.25**	+03:21:00 (46.0%)	9:42	6.2 (54.4%)
301	**TOKARCZYK Tomasz**	**5115**	DRUŻYNA SZPIKU	Masters M - 40	104	01:42:48	03:41:04	05:31:06	**07:17:26.40**	+03:21:28 (46.1%)	9:43	6.2 (54.4%)
302	**POGORZELSKA Alina**	**5223**	DB LESZCZYNY	Weteran K - 50	3	01:56:38	04:05:32	05:50:23	**07:17:27.70**	+03:21:29 (46.1%)	9:43	6.2 (54.4%)
303	**HENECZKOWSKI Łukasz**	**5213**	BORN TO RUN	Masters M - 40	105	01:37:21	03:41:52	05:35:52	**07:18:28.30**	+03:22:30 (46.2%)	9:44	6.2 (54.4%)
304	**MARMUROWICZ Krystian**	**5055**	KOLOROWA DRUŻYNA NESSI	Masters M - 40	106	01:35:57	03:39:10	05:33:16	**07:18:31.00**	+03:22:32 (46.2%)	9:44	6.2 (54.4%)
305	**SADOWSKI Marek**	**5497**	MUKS SZOK BOJANOWO	Weteran I M - 50	19	01:31:00	03:17:27	05:35:15	**07:18:42.80**	+03:22:44 (46.2%)	9:44	6.2 (54.4%)
306	**HRYCIUK Katarzyna**	**5122**	EKOBIEGI	Masters K - 40	23	01:49:02	03:51:40	05:39:11	**07:18:47.50**	+03:22:49 (46.2%)	9:45	6.2 (54.4%)
307	**BEDNARSKI Krzysztof**	**5408**	KLUCZBORSKA GRUPA BIEGOWA	Senior I M - 20	23	01:46:50	04:06:58	05:44:04	**07:19:17.75**	+03:23:19 (46.3%)	9:45	6.1 (53.5%)
308	**SZYSZKA Marek**	**5244**	STS BIEGATON MIKOŁÓW	Senior II M - 30	96	01:52:00	03:54:39	05:37:37	**07:19:41.90**	+03:23:43 (46.3%)	9:46	6.1 (53.5%)
309	**ILKIEWICZ Michał**	**5352**	AMCIU	Masters M - 40	107	01:48:22	03:58:49	05:45:22	**07:19:46.10**	+03:23:47 (46.3%)	9:46	6.1 (53.5%)
310	**ŁASKAWSKA Justyna**	**5504**		Masters K - 40	24	01:39:23	03:44:05	05:32:11	**07:20:03.25**	+03:24:04 (46.4%)	9:46	6.1 (53.5%)
311	**LEWANDOWSKI Mariusz**	**5265**	KKM MXTECH CYKLOTEAM	Masters M - 40	108	01:50:27	04:01:21	05:43:20	**07:20:54.35**	+03:24:56 (46.5%)	9:47	6.1 (53.5%)
312	**POCIĘGIEL Michał**	**5426**	SKAWINA BIEGA	Senior II M - 30	97	01:47:48	03:58:12	05:43:31	**07:21:07.05**	+03:25:08 (46.5%)	9:48	6.1 (53.5%)
313	**POŹNIAK Marcin**	**5380**	NIGHT RUNNERS PYSKOWICE	Senior II M - 30	98	01:45:16	03:46:19	05:39:36	**07:21:07.60**	+03:25:09 (46.5%)	9:48	6.1 (53.5%)
314	**JAWORSKA Katarzyna**	**5248**		Masters K - 40	25	01:49:24	04:00:06	05:45:53	**07:21:18.75**	+03:25:20 (46.5%)	9:48	6.1 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
315	**KRUSZEWSKI Jacek**	**5117**	MARKOWI BIEGACZE	Masters M - 40	109	01:45:10	03:47:20	05:37:44	**07:21:19.45**	+03:25:21 (46.5%)	9:48	6.1 (53.5%)
316	**SIKORSKI Grzegorz**	**5197**		Masters M - 40	110	01:41:44	03:41:20	05:34:53	**07:22:04.60**	+03:26:06 (46.6%)	9:49	6.1 (53.5%)
317	**MARCINKOWSKA Anita**	**5259**		Senior II K - 30	28	01:45:42	03:51:41	05:34:06	**07:22:32.00**	+03:26:33 (46.7%)	9:50	6.1 (53.5%)
318	**WYRĄBKIEWICZ Janusz**	**5459**	NO LIMITS	Weteran II M - 60	6	01:42:05	03:37:33	05:23:21	**07:22:56.20**	+03:26:57 (46.7%)	9:50	6.1 (53.5%)
319	**KUCHARSKI Jakub**	**5201**	JKU1979	Masters M - 40	111	01:56:38	03:56:33	05:42:42	**07:23:15.05**	+03:27:16 (46.8%)	9:51	6.1 (53.5%)
320	**SOSNÓWKA Bartosz**	**5342**	KLUB SOSNOWY	Senior II M - 30	99	01:50:03	03:51:57	05:44:36	**07:23:17.00**	+03:27:18 (46.8%)	9:51	6.1 (53.5%)
321	**DĄBROWSKI Artur**	**5285**		Senior II M - 30	100	01:39:23	03:44:38	05:38:18	**07:23:53.00**	+03:27:54 (46.8%)	9:51	6.1 (53.5%)
322	**ZIELINSKI Grzegorz**	**5308**		Masters M - 40	112	01:57:03	03:59:57	05:52:27	**07:25:37.10**	+03:29:38 (47.0%)	9:54	6.1 (53.5%)
323	**ADAMSKA Agnieszka**	**5319**	AKTYWNY OSTRZESZÓW	Masters K - 40	26	01:57:12	04:00:04	05:52:00	**07:25:46.45**	+03:29:48 (47.1%)	9:54	6.1 (53.5%)
324	**TWARDY Dariusz**	**5077**		Weteran I M - 50	20	01:37:48	04:04:27	05:46:41	**07:25:52.95**	+03:29:54 (47.1%)	9:54	6.1 (53.5%)
325	**NOWAK Kornel**	**5078**		Masters M - 40	113	01:37:59	04:04:38	05:46:52	**07:26:03.85**	+03:30:05 (47.1%)	9:54	6.1 (53.5%)
326	**WIENER Marcin**	**5387**	JESUS SAVES	Masters M - 40	114	01:43:20	03:55:46	05:50:47	**07:26:08.75**	+03:30:10 (47.1%)	9:54	6.1 (53.5%)
327	**NOWAK Maciej**	**5029**		Senior II M - 30	101	01:44:51	03:57:06	05:48:21	**07:27:04.60**	+03:31:06 (47.2%)	9:56	6 (52.6%)
328	**MAGDA Piotr**	**5026**	NIGHT RUNNERS PYSKOWICE	Masters M - 40	115	01:45:38	03:48:02	05:44:08	**07:28:36.45**	+03:32:38 (47.4%)	9:58	6 (52.6%)
329	**DWORNIK Małgorzata**	**5010**	WARCZĄCE SZPRYCHY	Senior II K - 30	29	01:48:54	03:47:38	05:37:19	**07:28:45.25**	+03:32:46 (47.4%)	9:58	6 (52.6%)
330	**PIECUCH Małgorzata**	**5031**		Weteran K - 50	4	01:53:14	04:01:27	05:52:00	**07:28:57.05**	+03:32:58 (47.4%)	9:58	6 (52.6%)
331	**ŁATKOWSKI Łukasz**	**5331**	GRUPA BIEGOWA CHTMO	Masters M - 40	116	01:51:42	03:57:17	05:52:27	**07:30:07.70**	+03:34:09 (47.6%)	10:00	6 (52.6%)
332	**PIĄTEK Waldemar**	**5311**		Masters M - 40	117	01:44:12	03:52:27	05:43:55	**07:30:12.45**	+03:34:14 (47.6%)	10:00	6 (52.6%)
333	**ŁATKOWSKA Monika**	**5288**	GRUPA BIEGOWA CHTMO	Masters K - 40	27	01:51:38	03:58:24	05:52:31	**07:30:13.60**	+03:34:15 (47.6%)	10:00	6 (52.6%)
334	**KAPELSKA-KOBLAŃSKA Milena**	**5134**	MATNER RUNNING TEAM	Masters K - 40	28	01:50:24	03:50:49	05:47:45	**07:31:07.75**	+03:35:09 (47.7%)	10:01	6 (52.6%)
335	**SIWIASZCZYK Tomasz**	**5091**		Masters M - 40	118	01:46:41	03:55:46	05:50:05	**07:31:18.65**	+03:35:20 (47.7%)	10:01	6 (52.6%)
336	**JAWORSKA Magdalena**	**5088**	GB WIELKOPOLSCY BIEGACZE/TEAM KGB	Masters K - 40	29	01:46:50	03:55:54	05:50:13	**07:31:23.50**	+03:35:25 (47.7%)	10:01	6 (52.6%)
337	**SĄDEL Krzysztof**	**5191**		Weteran I M - 50	21	01:49:29	03:57:07	05:52:34	**07:32:15.95**	+03:36:17 (47.8%)	10:03	6 (52.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
338	**SZYSZKO Ewa**	**5085**	MARKOWI BIEGACZE	Masters K - 40	30	01:54:07	04:05:04	05:59:10	**07:32:36.50**	+03:36:38 (47.9%)	10:03	6 (52.6%)
339	**LACH Agnieszka**	**5326**		Masters K - 40	31	01:44:55	03:51:13	05:49:14	**07:32:37.25**	+03:36:38 (47.9%)	10:03	6 (52.6%)
340	**WILK Magdalena**	**5445**	ULTRAPOŚLADACH/TEAM ZABIEGANEDNI	Masters K - 40	32	01:43:55	03:53:11	05:54:17	**07:33:02.00**	+03:37:03 (47.9%)	10:04	6 (52.6%)
341	**KAMINSKA Magdalena**	**5152**		Senior II K - 30	30	01:50:04	04:02:08	05:53:10	**07:33:26.45**	+03:37:28 (48.0%)	10:04	6 (52.6%)
342	**SURDACKI Jerzy**	**5021**	DRUŻYNA SZPIKU	Masters M - 40	119	01:40:10	03:45:03	05:39:13	**07:33:49.30**	+03:37:51 (48.0%)	10:05	5.9 (51.8%)
343	**GRECH-BARAN Marta**	**5402**		Senior II K - 30	31	01:50:18	04:01:42	05:50:25	**07:34:19.40**	+03:38:21 (48.1%)	10:05	5.9 (51.8%)
344	**BARAN Jakub**	**5401**	LEMIESZ TEAM	Senior II M - 30	102	01:50:19	04:01:51	05:50:28	**07:34:26.05**	+03:38:27 (48.1%)	10:05	5.9 (51.8%)
345	**KURKUS Aleksander**	**5486**	DOGOŃ GRODZISK MAZOWIECKI	Masters M - 40	120	01:45:07	03:50:37	05:44:56	**07:34:28.70**	+03:38:30 (48.1%)	10:05	5.9 (51.8%)
346	**CZACHOWSKI Michał**	**5447**	ŻWAWE ŻÓŁWIE	Weteran I M - 50	22	01:53:35	04:03:00	05:56:43	**07:34:31.70**	+03:38:33 (48.1%)	10:06	5.9 (51.8%)
347	**CZARNY Anna**	**5227**		Masters K - 40	33	01:56:45	04:06:19	05:56:17	**07:35:19.30**	+03:39:21 (48.2%)	10:07	5.9 (51.8%)
348	**BANAŚ Marcin**	**5368**	WIECZORNE BIEGANIE W SZCZECINIE	Masters M - 40	121	01:48:54	03:59:47	05:58:49	**07:35:26.05**	+03:39:27 (48.2%)	10:07	5.9 (51.8%)
349	**BAIER-JASTRZĄBEK Marta**	**5076**	OBORNICKI KLUB LEEKOATLETYCZNY	Masters K - 40	34	01:57:20	04:02:10	05:58:35	**07:35:28.40**	+03:39:30 (48.2%)	10:07	5.9 (51.8%)
350	**NIEDŹWIECKA Kasia**	**5492**	EKOBIEGI	Weteran K - 50	5	01:52:13	04:08:39	06:00:13	**07:37:29.55**	+03:41:31 (48.4%)	10:09	5.9 (51.8%)
351	**CHORĄŻYCZEWSKI Michał**	**5135**	OBORNICKI KLUB LEKKOATLETYCZNY	Senior II M - 30	103	01:56:51	04:01:49	05:57:56	**07:37:36.70**	+03:41:38 (48.4%)	10:10	5.9 (51.8%)
352	**RUNOWICZ Magdalena**	**5056**		Masters K - 40	35	01:52:34	03:56:38	05:44:38	**07:37:37.35**	+03:41:39 (48.4%)	10:10	5.9 (51.8%)
353	**LEWICKA Magdalena**	**5095**	OBORNICKI KLUB LEEKOATLETYCZNY	Senior II K - 30	32	01:57:02	04:02:01	05:58:07	**07:37:43.35**	+03:41:45 (48.4%)	10:10	5.9 (51.8%)
354	**IWACHÓW Sławomir**	**5080**	KKM / MXTECH KWIDZYN	Masters M - 40	122	01:50:19	04:01:04	05:49:19	**07:39:15.10**	+03:43:16 (48.6%)	10:12	5.9 (51.8%)
355	**KONDRAKIEWICZ Rafał**	**5312**		Masters M - 40	123	01:52:38	04:00:48	05:53:36	**07:39:32.20**	+03:43:33 (48.7%)	10:12	5.9 (51.8%)
356	**GIENTKOWSKI Sławomir**	**5317**		Masters M - 40	124	01:40:07	03:52:25	05:49:28	**07:39:54.80**	+03:43:56 (48.7%)	10:13	5.9 (51.8%)
357	**WOJTAS Ryszard**	**5175**		Weteran I M - 50	23	01:48:38	04:01:27	06:06:48	**07:39:56.80**	+03:43:58 (48.7%)	10:13	5.9 (51.8%)
358	**STAWCZYK Szczepan**	**5111**	BIEGACZE W RADOMSKU	Weteran II M - 60	7	01:52:48	04:03:51	06:01:57	**07:40:29.75**	+03:44:31 (48.8%)	10:14	5.9 (51.8%)
359	**TATYS Łukasz**	**5207**		Senior II M - 30	104	02:11:41	04:27:05	06:06:24	**07:40:59.40**	+03:45:01 (48.8%)	10:14	5.9 (51.8%)
360	**JĘDRZAK Przemysław**	**5272**	WYBIEGANI TEAM	Masters M - 40	125	01:43:45	03:46:11	05:43:22	**07:41:00.40**	+03:45:02 (48.8%)	10:14	5.9 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
361	**GRĘZEL-GAWRON Jolanta**	**5329**	J.G JOLANTA GRĘZEL-GAWRON	Masters K - 40	36	01:51:43	04:06:31	05:56:52	**07:42:23.15**	+03:46:24 (49.0%)	10:16	5.8 (50.9%)
362	**WÓDKIEWICZ Maciej**	**5070**	WLKP MOUNTAINS ULTRA RUNNERS TEAM	Masters M - 40	126	01:50:40	03:59:40	05:58:50	**07:43:35.60**	+03:47:37 (49.1%)	10:18	5.8 (50.9%)
363	**MAKOWSKI Dariusz**	**5139**	KM TEAM	Weteran I M - 50	24	01:54:03	04:02:23	05:56:09	**07:44:00.90**	+03:48:02 (49.1%)	10:18	5.8 (50.9%)
364	**ROSZYK Tomasz**	**5038**	TKKF MPK POZNAŃ	Masters M - 40	127	01:49:13	04:02:03	06:07:01	**07:44:42.70**	+03:48:44 (49.2%)	10:19	5.8 (50.9%)
365	**KAMIŃSKI Łukasz**	**5151**		Senior II M - 30	105	01:50:18	04:01:54	06:01:32	**07:44:54.20**	+03:48:55 (49.2%)	10:19	5.8 (50.9%)
366	**ŁUCZKÓW Andrzej**	**5173**		Weteran I M - 50	25	01:51:36	03:57:40	06:01:08	**07:45:00.10**	+03:49:01 (49.3%)	10:20	5.8 (50.9%)
367	**JANOWSKA Ula**	**5093**		Masters K - 40	37	01:48:36	03:58:00	05:41:39	**07:45:15.10**	+03:49:16 (49.3%)	10:20	5.8 (50.9%)
368	**BORC Marzanna**	**5120**	AKADEMIA BIEGANIA GRUDZIĄDZ.	Weteran K - 50	6	01:48:46	03:58:11	05:41:49	**07:45:24.55**	+03:49:26 (49.3%)	10:20	5.8 (50.9%)
369	**ZAPIÓR Marek**	**5493**	ZET	Weteran I M - 50	26	01:54:53	04:12:16	06:06:38	**07:46:48.15**	+03:50:49 (49.4%)	10:22	5.8 (50.9%)
370	**KNOBLOCH Tomasz**	**5364**	THE PINDOLS	Masters M - 40	128	01:46:13	03:49:23	05:40:45	**07:46:59.50**	+03:51:01 (49.5%)	10:22	5.8 (50.9%)
371	**IGNASZEWSKI Michał**	**5009**	DRUŻYNA SZPIKU	Senior II M - 30	106	01:48:26	04:01:13	06:06:14	**07:48:12.10**	+03:52:13 (49.6%)	10:24	5.8 (50.9%)
372	**IGNASZEWSKA Marta**	**5015**	DRUŻYNA SZPIKU	Masters K - 40	38	01:48:43	04:01:33	06:06:25	**07:48:31.60**	+03:52:33 (49.6%)	10:24	5.8 (50.9%)
373	**HANGIEL Urszula**	**5399**	ŻWAWE ŻÓŁWIE	Senior II K - 30	33	02:02:52	04:22:14	06:11:13	**07:49:49.90**	+03:53:51 (49.8%)	10:26	5.7 (50.0%)
374	**GMAJ Karolina**	**5127**		Masters K - 40	39	01:51:34	04:09:36	06:04:15	**07:49:57.90**	+03:53:59 (49.8%)	10:26	5.7 (50.0%)
375	**SZYMAŃSKA Dominika**	**5334**	POMYKACZE	Senior I K - 20	7	01:53:33	04:11:27	06:04:03	**07:50:45.80**	+03:54:47 (49.9%)	10:27	5.7 (50.0%)
376	**PAWLIK-NIEDZIELA Sandra**	**5195**	BIEGOWA KUŹNIA	Senior II K - 30	34	01:53:43	04:11:39	06:04:13	**07:50:56.05**	+03:54:57 (49.9%)	10:27	5.7 (50.0%)
377	**KUŁAKOWSKI Piotr**	**5359**	CZŁAPACZE	Weteran II M - 60	8	01:58:39	04:22:38	06:09:44	**07:51:09.90**	+03:55:11 (49.9%)	10:28	5.7 (50.0%)
378	**SKIBICKA Dorota**	**5355**	PZU SPORT TEAM	Masters K - 40	40	01:52:03	04:09:34	06:08:34	**07:51:13.55**	+03:55:15 (49.9%)	10:28	5.7 (50.0%)
379	**GAJDA Grzegorz**	**5470**		Senior II M - 30	107	01:51:58	04:04:17	06:09:14	**07:53:07.10**	+03:57:08 (50.1%)	10:30	5.7 (50.0%)
380	**GAJEWSKA Agnieszka**	**5035**	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters K - 40	41	01:52:06	04:04:25	06:09:21	**07:53:14.20**	+03:57:15 (50.1%)	10:31	5.7 (50.0%)
381	**KOWALSKA Małgorzata**	**5296**		Masters K - 40	42	02:06:16	04:20:00	06:09:25	**07:54:05.35**	+03:58:07 (50.2%)	10:32	5.7 (50.0%)
382	**GRĘBOWICZ Agnieszka**	**5234**		Senior II K - 30	35	02:06:26	04:20:10	06:09:35	**07:54:15.35**	+03:58:17 (50.2%)	10:32	5.7 (50.0%)
383	**FOLARON Rafał**	**5509**		Senior II M - 30	108	01:43:45	03:49:42	06:02:11	**07:54:31.40**	+03:58:33 (50.3%)	10:32	5.7 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
384	**LUPA Mirosław**	**5074**		Weteran I M - 50	27	01:43:30	03:58:00	05:55:44	**07:55:08.15**	+03:59:09 (50.3%)	10:33	5.7 (50.0%)
385	**LEWANDOWSKI Krzysztof**	**5454**		Weteran I M - 50	28	01:50:21	04:18:15	06:16:43	**07:55:12.25**	+03:59:13 (50.3%)	10:33	5.7 (50.0%)
386	**PYTLARCZYK Piotr**	**5204**	KLUB BIEGACZA WARTA	Masters M - 40	129	01:55:32	04:09:14	06:05:14	**07:55:14.50**	+03:59:16 (50.3%)	10:33	5.7 (50.0%)
387	**GŁĄBICA Justyna**	**5231**		Masters K - 40	43	01:48:57	04:20:49	06:26:31	**07:56:18.80**	+04:00:20 (50.5%)	10:35	5.7 (50.0%)
388	**WAŚCIŃSKA Edyta**	**5362**	PĘDZI - PARA	Weteran K - 50	7	01:58:59	04:14:11	06:07:57	**07:57:05.55**	+04:01:07 (50.5%)	10:36	5.7 (50.0%)
389	**BAGIŃSKA Paulina**	**5374**		Masters K - 40	44	01:36:59	03:48:17	05:54:59	**07:57:12.30**	+04:01:14 (50.6%)	10:36	5.7 (50.0%)
390	**POMIANOWSKA Anna**	**5386**		Masters K - 40	45	01:58:22	04:14:31	06:12:12	**07:59:09.55**	+04:03:11 (50.8%)	10:38	5.6 (49.1%)
391	**MALINOWSKI Konrad**	**5339**		Senior II M - 30	109	01:49:49	03:57:06	05:58:40	**07:59:25.25**	+04:03:26 (50.8%)	10:39	5.6 (49.1%)
392	**STOLPE Maciej**	**5439**	MPKPOZNAN	Weteran I M - 50	29	01:47:44	04:04:07	06:05:08	**07:59:39.05**	+04:03:40 (50.8%)	10:39	5.6 (49.1%)
393	**MAJCHRZAK Monika**	**5044**	WKURW_TEAM	Masters K - 40	46	01:59:46	04:19:09	06:14:51	**08:01:23.90**	+04:05:25 (51.0%)	10:41	5.6 (49.1%)
394	**WIELICZKO Dagmara**	**5064**		Senior II K - 30	36	01:56:51	04:14:13	06:21:37	**08:04:23.10**	+04:08:24 (51.3%)	10:45	5.6 (49.1%)
395	**BEDNARSKI Krzysztof**	**5406**	KLUCZBORSKA GRUPA BIEGOWA	Weteran I M - 50	30	01:47:00	04:10:42	06:10:23	**08:04:23.70**	+04:08:25 (51.3%)	10:45	5.6 (49.1%)
396	**WIELICZKO Rafał**	**5063**		Senior II M - 30	110	01:56:57	04:14:22	06:21:46	**08:04:32.00**	+04:08:33 (51.3%)	10:46	5.6 (49.1%)
397	**KALINOWSKA Katarzyna**	**5463**		Senior II K - 30	37	01:53:34	04:09:59	06:13:08	**08:06:01.65**	+04:10:03 (51.4%)	10:48	5.6 (49.1%)
398	**JABŁOŃSKI Kazimierz**	**5460**	SPRINTER PRĄDY	Weteran II M - 60	9	01:54:16	04:14:30	06:13:26	**08:06:44.10**	+04:10:45 (51.5%)	10:48	5.5 (48.2%)
399	**RZYWUCKA Jolanta**	**5198**	4 RUN TEAM PIŁA	Masters K - 40	47	02:09:47	04:24:04	06:18:21	**08:06:55.10**	+04:10:56 (51.5%)	10:49	5.5 (48.2%)
400	**BĘBAS Paweł**	**5286**		Masters M - 40	130	01:56:01	04:12:19	06:14:04	**08:06:55.40**	+04:10:57 (51.5%)	10:49	5.5 (48.2%)
401	**GUZIK Tomasz**	**5255**		Senior II M - 30	111	01:46:36	04:02:23	06:07:22	**08:07:41.30**	+04:11:43 (51.6%)	10:50	5.5 (48.2%)
402	**ZAWIS Marek**	**5112**		Weteran I M - 50	31	01:50:36	04:08:14	06:03:17	**08:08:53.85**	+04:12:55 (51.7%)	10:51	5.5 (48.2%)
403	**ŁACHAN Patryk**	**5100**	WKURW_TEAM	Masters M - 40	131	01:56:01	04:22:02	06:26:10	**08:13:13.20**	+04:17:14 (52.2%)	10:57	5.5 (48.2%)
404	**TOMANEK Bartosz**	**5507**	SSW PRAGMATIC SOLUTIONS	Senior II M - 30	112	01:34:27	03:40:36	06:00:40	**08:13:14.50**	+04:17:16 (52.2%)	10:57	5.5 (48.2%)
405	**CHUDZIK Radosław**	**5453**		Masters M - 40	132	01:33:52	04:20:37	06:10:19	**08:13:23.20**	+04:17:24 (52.2%)	10:57	5.5 (48.2%)
406	**KRAJEWSKA-KŁODA Katarzyna**	**5058**	DRUŻYNA SZPIKU	Masters K - 40	48	02:11:42	04:40:00	06:38:03	**08:14:39.05**	+04:18:40 (52.3%)	10:59	5.5 (48.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
407	**BARANIAK Beata**	**5176**	DRUŻYNA SZPIKU	Masters K - 40	49	02:11:52	04:40:07	06:38:15	**08:14:49.25**	+04:18:50 (52.3%)	10:59	5.5 (48.2%)
408	**DOMAGAŁA Tomasz**	**5245**	DOMAGAŁA	Senior II M - 30	113	02:03:16	04:21:51	06:26:18	**08:16:27.10**	+04:20:28 (52.5%)	11:01	5.4 (47.4%)
409	**ZASŁAWSKA Katarzyna**	**5494**	ZAKOCHAJ SIĘ W BIEGANIU	Weteran K - 50	8	01:50:36	04:10:42	06:17:54	**08:16:33.55**	+04:20:35 (52.5%)	11:02	5.4 (47.4%)
410	**TRZECIAK Ewelina**	**5283**		Masters K - 40	50	02:00:02	04:31:53	06:34:23	**08:16:34.85**	+04:20:36 (52.5%)	11:02	5.4 (47.4%)
411	**MAŁGORZATA Modelska**	**5338**		Senior II K - 30	38	02:06:14	04:27:35	06:29:35	**08:16:56.35**	+04:20:58 (52.5%)	11:02	5.4 (47.4%)
412	**FOJCIK Katarzyna**	**5254**	PIERUNSKIE CANGÓRY	Senior I K - 20	8	01:51:25	04:15:04	06:18:54	**08:17:22.05**	+04:21:23 (52.6%)	11:03	5.4 (47.4%)
413	**POPŁAWSKI Krzysiek**	**5022**	DEPARTAMENT BIEGÓW GÓRSKICH	Masters M - 40	133	01:59:42	04:29:32	06:33:50	**08:17:47.50**	+04:21:49 (52.6%)	11:03	5.4 (47.4%)
414	**BĘDZIŃSKA Jolanta**	**5279**		Masters K - 40	51	02:06:16	04:35:04	06:32:19	**08:18:10.95**	+04:22:12 (52.6%)	11:04	5.4 (47.4%)
415	**PIETRUSIAK Agnieszka**	**5278**		Senior II K - 30	39	02:06:25	04:35:13	06:32:27	**08:18:22.05**	+04:22:23 (52.7%)	11:04	5.4 (47.4%)
416	**KUKLA-KOWALSKA Alicja**	**5114**		Masters K - 40	52	01:58:52	04:23:39	06:28:27	**08:18:34.65**	+04:22:36 (52.7%)	11:04	5.4 (47.4%)
417	**STAWSKA-KISIAŁA Natalia**	**5220**	LACHO TEAM	Senior II K - 30	40	02:16:41	04:40:35	06:36:16	**08:18:47.85**	+04:22:49 (52.7%)	11:05	5.4 (47.4%)
418	**SOBAŃSKA Paulina**	**5124**	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	41	02:06:17	04:31:58	06:32:58	**08:20:05.25**	+04:24:06 (52.8%)	11:06	5.4 (47.4%)
419	**GRZESIAK Rafał**	**5142**	EMERYT	Masters M - 40	134	01:37:09	04:23:57	06:16:21	**08:20:06.35**	+04:24:08 (52.8%)	11:06	5.4 (47.4%)
420	**ZIELIŃSKA CZERBNIAK Izabela**	**5200**	TARNOWO PODGÓRNA BIEGA	Masters K - 40	53	02:06:27	04:32:07	06:33:07	**08:20:14.10**	+04:24:15 (52.8%)	11:06	5.4 (47.4%)
421	**SZULC Joanna**	**5082**	WYBIEGANIA MPK	Masters K - 40	54	02:05:04	04:33:26	06:34:53	**08:24:36.40**	+04:28:38 (53.2%)	11:12	5.4 (47.4%)
422	**SKROBEK Marcin**	**5292**		Senior II M - 30	114	01:59:38	04:15:25	06:18:59	**08:24:44.05**	+04:28:45 (53.2%)	11:12	5.3 (46.5%)
423	**MRUCZYŃSKA-PIETRUCZANIS Katarzyna**	**5071**	WKURW_TEAM / AKTYWNI WĘGRÓW	Masters K - 40	55	02:03:47	04:29:56	06:31:54	**08:25:26.60**	+04:29:28 (53.3%)	11:13	5.3 (46.5%)
424	**LATOS Joanna**	**5180**		Masters K - 40	56	02:11:24	04:37:40	06:37:28	**08:25:41.60**	+04:29:43 (53.3%)	11:14	5.3 (46.5%)
425	**KIEŁCZYŃSKA Katarzyna**	**5036**	OVER 40 TEAM	Masters K - 40	57	01:55:48	04:29:51	06:36:42	**08:25:43.60**	+04:29:45 (53.3%)	11:14	5.3 (46.5%)
426	**BĄCZYK Adam**	**5421**	MONIAGYM	Masters M - 40	135	02:00:02	04:18:36	06:24:59	**08:25:46.15**	+04:29:47 (53.3%)	11:14	5.3 (46.5%)
427	**ROMAN Ewelina**	**5161**	MONIA GYM	Senior II K - 30	42	02:00:03	04:18:40	06:24:59	**08:25:47.15**	+04:29:48 (53.3%)	11:14	5.3 (46.5%)
428	**BĄCZYK Monika**	**5160**	MONIA GYM	Masters K - 40	58	02:00:04	04:18:41	06:25:03	**08:25:47.60**	+04:29:49 (53.3%)	11:14	5.3 (46.5%)
429	**RYCHŁOWSKI Ryszard**	**5054**		Masters M - 40	136	01:54:34	04:23:45	06:32:06	**08:26:30.65**	+04:30:32 (53.4%)	11:15	5.3 (46.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
430	**GŁĄBICA Adam**	**5230**		Weteran I M - 50	32	01:53:01	04:21:00	06:26:20	**08:27:09.10**	+04:31:10 (53.5%)	11:16	5.3 (46.5%)
431	**ADAMIAK Marta**	**5526**		Senior II K - 30	43	01:56:35	04:23:52	06:33:33	**08:28:29.55**	+04:32:31 (53.6%)	11:18	5.3 (46.5%)
432	**LEWANDOWSKA Ewa**	**5110**		Masters K - 40	59	02:01:46	04:19:22	06:26:44	**08:32:11.45**	+04:36:13 (53.9%)	11:22	5.3 (46.5%)
433	**KATA Aleksandra**	**5299**		Senior II K - 30	44	02:02:10	04:25:30	06:23:42	**08:33:13.95**	+04:37:15 (54.0%)	11:24	5.3 (46.5%)
434	**BIELECKA Iwona**	**5072**	PRO-RUN WROCLAW	Senior II K - 30	45	02:02:20	04:25:40	06:24:43	**08:33:23.80**	+04:37:25 (54.0%)	11:24	5.3 (46.5%)
435	**SOKOŁOWSKI Artur**	**5324**	TEAM ZABIEGANEDNI	Masters M - 40	137	01:52:35	04:21:30	06:34:06	**08:35:27.20**	+04:39:28 (54.2%)	11:27	5.2 (45.6%)
436	**BARZAK Justyna**	**5256**		Senior II K - 30	46	01:58:24	04:40:35	06:52:36	**08:40:55.55**	+04:44:57 (54.7%)	11:34	5.2 (45.6%)
437	**GÓRNA Aldona**	**5101**	ŻÓŁWICE W BIEGU	Masters K - 40	60	02:00:37	04:38:53	06:42:51	**08:43:34.30**	+04:47:36 (54.9%)	11:38	5.2 (45.6%)
438	**LANGE Hanna**	**5102**	ŻÓŁWICE W BIEGU	Masters K - 40	61	02:00:47	04:39:05	06:43:00	**08:43:45.45**	+04:47:47 (54.9%)	11:38	5.2 (45.6%)
439	**SIWEK Jarek**	**5144**		Masters M - 40	138	02:16:44	04:51:52	06:55:41	**08:44:48.30**	+04:48:50 (55.0%)	11:39	5.1 (44.7%)
440	**FRANKENBERG Małgorzata**	**5482**	BIEGACZ NOWOSOLNA	Weteran II K - 60	1	02:14:49	04:55:14	07:04:30	**08:45:31.70**	+04:49:33 (55.1%)	11:40	5.1 (44.7%)
441	**JASIŃSKI Paweł**	**5341**	ZMASAKROWANI	Masters M - 40	139	02:01:44	04:23:35	06:34:11	**08:46:12.75**	+04:50:14 (55.2%)	11:41	5.1 (44.7%)
442	**TARASZEWSKA Paulina**	**5129**		Senior II K - 30	47	01:59:35	04:29:25	06:33:42	**08:46:15.15**	+04:50:16 (55.2%)	11:41	5.1 (44.7%)
443	**WÓJCIK Łukasz**	**5225**	CYTRYNOWE CURRY???	Senior II M - 30	115	01:59:02	04:35:56	06:43:04	**08:49:27.85**	+04:53:29 (55.4%)	11:45	5.1 (44.7%)
444	**SZYLIŃSKI Jakub**	**5140**		Weteran I M - 50	33	02:16:57	04:52:09	06:55:53	**08:55:22.65**	+04:59:24 (55.9%)	11:53	5 (43.9%)
445	**KOZŁOWSKA Joanna**	**5356**		Weteran K - 50	9	02:09:31	04:30:32	06:31:15	**08:56:35.35**	+05:00:37 (56.0%)	11:55	5 (43.9%)
446	**KAMIŃSKI Marek**	**5337**	STRZELIŃSKI KLUB BIEGACZA	Senior II M - 30	116	01:58:10	04:40:26	06:56:16	**09:07:15.60**	+05:11:17 (56.9%)	12:09	4.9 (43.0%)
447	**PLASZCZYK Bartłomiej**	**5491**	4 RBLOG	Senior II M - 30	117	02:00:09	04:46:40	07:00:53	**09:10:47.55**	+05:14:49 (57.2%)	12:14	4.9 (43.0%)
448	**REGULSKA Aneta**	**5059**	DRUŻYNA SZPIKU	Senior II K - 30	48	02:24:28	05:07:28	07:22:19	**09:28:50.30**	+05:32:52 (58.5%)	12:38	4.7 (41.2%)
449	**RAJCZAKOWSKA Anna**	**5253**		Weteran K - 50	10	02:24:38	05:07:40	07:22:31	**09:30:18.60**	+05:34:20 (58.6%)	12:40	4.7 (41.2%)
450	**MOSKWA Martyna**	**5209**	MASZ PRZEBIEGANE	Senior I K - 20	9	02:17:07	05:03:24	07:17:02	**09:34:40.70**	+05:38:42 (58.9%)	12:46	4.7 (41.2%)
451	**WIETRZYŃSKA Agnieszka**	**5208**	MASZ PRZEBIEGANE	Senior II K - 30	49	02:17:17	05:03:33	07:17:11	**09:34:51.75**	+05:38:53 (59.0%)	12:46	4.7 (41.2%)
452	**WOŁCZEK Małgorzata**	**5157**		Senior II K - 30	50	02:30:59	05:22:58	07:46:43	**09:40:56.75**	+05:44:58 (59.4%)	12:54	4.6 (40.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
453	**WAŁECKA Agnieszka**	**5381**	3W	Masters K - 40	62	02:31:09	05:23:07	07:46:47	**09:41:03.45**	+05:45:05 (59.4%)	12:54	4.6 (40.4%)
454	**WARA-WĄSOWSKI Maciej**	**5156**		Weteran I M - 50	34	02:31:19	05:23:17	07:46:53	**09:41:09.30**	+05:45:11 (59.4%)	12:54	4.6 (40.4%)
455	**JAWORSKA-NIZIOŁ Magdalena**	**5136**		Senior II K - 30	51	02:18:38	05:52:02	07:48:03	**09:45:52.70**	+05:49:54 (59.7%)	13:01	4.6 (40.4%)
456	**MIŚKIEWICZ Wojciech**	**5412**		Senior II M - 30	118	02:12:44	05:07:48	07:29:58	**09:48:34.85**	+05:52:36 (59.9%)	13:04	4.6 (40.4%)
457	**FORMELA Justyna**	**5411**		Masters K - 40	63	02:12:51	05:07:55	07:29:51	**09:48:39.95**	+05:52:41 (59.9%)	13:04	4.6 (40.4%)
458	**LESZCZYŃSKA-DOMINIAK Elżbieta**	**5473**	LASY WAWERSKIE	Weteran II K - 60	2	02:16:36	05:02:18	07:35:39	**10:03:39.35**	+06:07:41 (60.9%)	13:24	4.5 (39.5%)
459	**MAKAREWICZ Sylwia**	**5520**		Masters K - 40	64	02:14:19	04:56:33	07:26:12	**10:09:58.70**	+06:14:00 (61.3%)	13:33	4.4 (38.6%)
Przekroczony limit czasu: 10:45:00												
460	**MALONG Aleksander**	**5499**	KLUCZBORSKA GRUPA BIEGOWA	Weteran I M - 50	35	02:49:24	05:53:04	08:11:14	**10:57:19.05**	+07:01:20 (64.1%)	14:36	4.1 (36.0%)
461	**PAWŁOWSKA Danuta**	**5369**		Masters K - 40	65	02:41:15	05:52:22	08:33:57	**11:36:25.10**	+07:40:26 (66.1%)	15:28	3.9 (34.2%)
DQ	**NIEZGÓDKA Tomasz**	**5521**	ZAŁOGA GÓRSKA	Weteran I M - 50		01:12:35 DQ	DQ	DQ	**02:09:20.90 DQ**		0:00	20.9 (183.3%)
DQ	**MORAWSKI Filip**	**5264**	MARCINSWIERCTEAM	Masters M - 40		01:16:50 DQ	DQ	DQ	**02:11:21.50 DQ**		0:00	20.6 (180.7%)
DQ	**ŁĘCKI Piotr**	**5487**	BP RUNNING TEAM GLIWICE	Senior II M - 30		01:18:21 DQ	DQ	DQ	**02:14:00.10 DQ**		0:00	20.1 (176.3%)
DQ	**JURCZAK Roman**	**5522**	GEPARDY I GAZELE RZESZÓW	Weteran II M - 60		01:20:59 DQ	DQ	DQ	**02:23:15.40 DQ**		0:00	18.8 (164.9%)
DQ	**GORZELANY Rafał**	**5346**		Senior II M - 30		01:23:11 DQ	DQ	DQ	**02:30:37.10 DQ**		0:00	17.9 (157.0%)
	MAJEWSKI Artur	**5177**	DIRETA GNIEZNO	Masters M - 40		01:23:26 DNF	DNF	03:29:58 DNF	**DNF**		-	- (0.0%)
	KIEDOWSKI Artur	**5424**		Masters M - 40		01:28:24 DNF	DNF	03:28:08 DNF	**DNF**		-	- (0.0%)
	PACZOS Andrzej	**5384**		Senior I M - 20		01:16:17 DNF	03:11:36 DNF	DNF	**DNF**		-	- (0.0%)
	SITEK Arkadiusz	**5452**	AKTYWNI WĘGRÓW	Masters M - 40		01:31:08 DNF	03:19:24 DNF	DNF	**DNF**		-	- (0.0%)
	SMUSZ Grzegorz	**5314**		Masters M - 40		01:39:26 DNF	03:59:07 DNF	DNF	**DNF**		-	- (0.0%)
	KUBICKI Piotr	**5237**	KOŚCIAN TEAM	Senior II M - 30		01:55:41 DNF	04:32:51 DNF	DNF	**DNF**		-	- (0.0%)
	FEDOROWICZ Emil	**5092**	ULTRINO AMATEUR	Senior I M - 20		02:23:20 DNF	05:20:40 DNF	DNF	**DNF**		-	- (0.0%)
	LUZAR Rafal	**5353**		Masters M - 40		01:17:04 DNF	DNF	DNF	**DNF**		-	- (0.0%)
	MALECKA-LEŃ Patrycja	**5440**	STAJNIA BALONA	Senior II K - 30		01:20:59 DNF	DNF	DNF	**DNF**		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h

Znaleziono 475 wynik(ów)